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NEDL TRANSFER



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# HEALTH *and* HOW TO GET IT





HEALTH  

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*and*

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HOW TO GET IT



# **HEALTH** **and How to Get It**

**EDITED BY**  
**CHARLES LEE BRYSON**



**Hamilton-Beach Mfg. Company**  
**RACINE, WISCONSIN**

KPD 2321

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**Hamilton-Beach Mfg. Co.**

## PREFACE

**I**N the preparation of this book of instructions for the use of the "New-Life" vibrator but one object has been kept in view—a description of the human body and its workings so brief and plain that every one will understand, and directions which a child can follow. Though there are many older vibrators on the market, and several imitations of the "New-Life," none of them has ever issued a book of instructions to its patrons. The most that any firm hitherto has done is to give each purchaser a little folder or pamphlet, couched in vague terms and medical phrases. This book is the pioneer in its line.

Acknowledgments are due to several scientific writers who have given to professional men the results of their work, some with vibrators, some with massage. Chief among them, from whom frequent quotations will be found herein, are Drs. S. S. Wallian, author of "Rhythmo-therapy;" M. L. Arnold Snow, who wrote "Mechanical Vibration;" Axel V. Grafstrom, whose book is called "Mechano-therapy;" J. H. Kellogg, author of "The Art of Massage," and Margaret D. Palmer, who gave us "Lessons on Massage."

But the technique of the various treatments has been taken chiefly from the experience of the corps of operators all over the country who have introduced the "New-Life" vibrator into thousands of homes, and have wrought some works, that to one unversed in the history of vibration, seem almost miraculous.

---

## WARNING

"New-Life" Vibrators should never be used while any part of the body is immersed in water, while taking a bath or while bathing the feet. Water being a natural conductor of electricity should be avoided while using the "New-Life."



# INDEX

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## A

Aching feet.....	185
Adenoids .....	71
Anemia .....	90
Appendicitis .....	74
Applicators .....	21
Asthma .....	77

## B

Back, Tender.....	284
Backache .....	81
Beauty, Fading.....	167
Biliousness .....	228, 85
Bladder Trouble.....	88
Blood, Thin .....	90
Bones .....	34
Bones, Broken .....	98
Bones, Dislocated .....	156
Bowels .....	144, 55
Breast, Caked.....	96
Breathing .....	67
Bright's Disease .....	98
Bronchitis .....	101
Bruise .....	104

## C

Catarrh .....	107
Children's Diseases.....	152
Chills .....	111
Circulation .....	50
Cirrhosis of Liver.....	226
Cold Hands and Feet.....	114
Colds .....	117
Colic .....	120
Congestion .....	122
Constipation .....	126
Consumption .....	130
Coughs .....	133
Cramp .....	135

## D

Dandruff ... ..	27, 175
Deafness .....	147
Diabetes .....	187
Diarrhea .....	144
Digestion .....	211, 55
Diseases of Children.....	152
Dislocated Joint .....	156
Dizziness .....	160
Dropsy .....	140
Dyspepsia .....	211



## **E**

<b>Earache</b> .....	147, 163
<b>Edema</b> .....	140
<b>Excretion</b> .....	61
<b>Exhaustion</b> .....	180
<b>Eye Diseases</b> .....	165

## **F**

<b>Fading Beauty</b> .....	167
<b>Falling Hair</b> .....	175
<b>Falling Womb</b> .....	178
<b>Fat, Excess of</b> .....	244
<b>Fatigue</b> .....	180
<b>Feet, Aching</b> .....	185
<b>Fever and Ague</b> .....	111
<b>Fractured Bones</b> .....	93

## **G**

<b>Gallstones</b> .....	187
<b>Gout</b> .....	189

## **H**

<b>Hair, Dry and Brittle</b> .....	27, 175
<b>Hay Fever</b> .....	193
<b>Headache</b> .....	195
<b>Heart</b> .....	50
<b>Hemorrhoids</b> .....	256
<b>Hysteria</b> .....	202

## I

Immunity From Disease.....	205
Impotence .....	209
Indigestion .....	211
Infantile Paralysis .....	255
Intestines .....	55

## J

Jaundice .....	224
----------------	-----

## K

Kidney Disease .....	98, 218
----------------------	---------

## L

Liver Disease .....	85, 223
Liver, Hardening of.....	226
Locomotor Ataxia .....	228
Lumbago .....	231
Lungs .....	130, 67

## M

Malaria .....	111
Muscles .....	299, 40

## N

Nerves .....	45
Nervousness .....	234
Neuralgia .....	239
Neuritis .....	242
"New-Life" Vibrator .....	16

## O

Obesity .....244

## P

Pain .....247

Paralysis .....252

Piles .....256

Pleurisy .....258

Pregnancy .....260

Prolapse .....178

Prostate, Enlarged .....262

## Q

Quinsy .....296

## R

Rectal Diseases .....256, 264

Respiration ..... 67

Rheumatism .....281, 266, 277, 292

## S

Sciatica .....277

Sensitive Spine .....284

Skeleton ..... 36

Skin ..... 65

Sleeplessness .....286

Sprains .....289

Stiff Neck .....292

## **T**

Throat .....	71, 117, 296
Tonsilitis .....	296
Tuberculosis .....	130

## **V**

Vertigo .....	160
---------------	-----

## **W**

Weak and Wasting Muscles.....	299
Wryneck .....	292

## TO OUR FRIENDS

This book of directions for the use of the "New-Life" vibrator has been written for the people who use the vibrator in their homes. You are not doctors, or nurses, or masseurs, and you neither know nor need to know the medical terms used by them. It is customary among doctors to use scientific terms as much as possible in writing on professional subjects. Few of them ever use a plain, short, Anglo-Saxon word when there is a long Greek or Latin word which will express the same thing. That is perfectly right for doctors. They all understand the scientific terms, and books written in such terms are not intended for the use of others.

The matters discussed in these scientific books are often of great interest to the average citizen, and would be easily understood and appreciated by him if the meaning were not veiled behind words from languages long

## *Hamilton-Beach Mfg. Co.*

### **To Our Friends**

since dead. The average American citizen is well educated in ordinary English, is quick of comprehension and easily interested in matters pertaining to health. Especially if he has found that his health is in some way impaired, and he is looking for some way of mending it, he will be anxious to read on the subject.

Few medical works will help him because he has not been taught the terms in which their meaning is concealed. They were not meant for him, and no care has been taken to place their meaning within his reach. So if this book of instructions were written in medical terms, none but medical men would understand it—and they have a number of books on related subjects already in their own peculiar tongue. What you want, you average American citizens who have a “New-Life” vibrator at home to help you care for your body, is a set of directions in plain, homely English, the kind we all use every day of our lives, calling things by their names as we know them. This is meant to be such a book.

## *Health and How to Get It*

**To Our  
Friends**

This plan has been kept steadfastly in mind in every sentence that has been put into this book. There is nothing in the use of the "New-Life" vibrator that a child cannot be made to understand, and there is no need that there should be any mystery made of any of the directions.

Since this has been kept constantly in mind, the intelligent and successful use of the "New-Life" does not necessitate a long and tedious course of study of either anatomy or medicine, nor hourly use of a medical dictionary to translate the terms herein used. If you have sprained your ankle, ample directions will be found in this book for the use of the vibrator to relieve the pain, reduce the swelling, hasten the recovery, and exercise the idle muscles in a passive way until they can be used again. It would take time and study which none of us could afford, to learn the name and special use of each torn ligament or injured tendon or ruptured blood vessel. And the sprain would not be cured the quicker for such study.

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### **To Our Friends**

The same holds good in all cases in which the book gives instructions for the use of the vibrator. They are meant to be so plain that nobody can possibly misunderstand them, and couched in language with which every one of us is familiar.

The vibrator will not cure all diseases—any more than medicine or surgery or osteopathy or any other branch of science. In some diseases its use might even be attended with danger, as in direct vibration of malignant cancer, or over-stimulation of the heart in grave organic heart disease or hardening of the arteries. Entire frankness marks the directions in such cases. If there is danger, you are plainly advised not to use the vibrator unless the physician orders it. For the “New-Life” vibrator is not a foe to the work of the physician and surgeon. His is a noble and an indispensable work. The vibrator is an aid in his work of relieving pain and healing disease, and in many instances it will do the work when medicines are not available; and in almost every imaginable case it is a



*Health and How to Get It*

great aid both in treating the seat of disease,  
and in stimulating and keeping in good  
working order the rest of the body.

**To Our  
Friends**

## THE "NEW-LIFE" VIBRATOR

The latest, the best and most scientific form of vibrator the world knows today is the "New-Life," made by the Hamilton-Beach Manufacturing Company of Racine, Wisconsin. This firm owns the virgin patents on the most valuable features of the vibrator, and the courts have repeatedly awarded it the exclusive rights to these features, and have permanently enjoined other manufacturers who were trying to copy the "New-Life" too closely, and so infringed on its patents.

The essential parts of the vibrator are, first, the electric motor, which gets its power through an electric light socket or from a dry cell battery; second, the eccentric and levers by which the motion of the motor is transmitted to the shaft; and third, the applicator, or rubber tip which screws to the end of the shaft, and which is placed against

## *Health and How to Get It*

the patient's body. Aside from these three things, without which there could be no mechanical vibration, there are the mounting and the oiling arrangement and all the details of fine workmanship.

The "New-Life" Vibrator

Every one of these details, worked out to the utmost perfection, is the product of the Hamilton-Beach factory. Every armature is wound there. Every bit of insulation is perfected there. Every strip of copper and mica is cut there, and is fashioned into commutators, accurately and delicately balanced as a watch. All the work on all the parts is meant to be as nearly perfect as human skill can make it.

Before any of these things can be put to actual use in applying vibration, they must be put together and made to work in harmony. The "New-Life" motor is enclosed in a beautifully polished aluminum casing, so arranged that it is not only ornamental, but protects the mechanism of the motor from damage, and covers it so thoroughly that even a child cannot accidentally get its fingers in contact with the moving parts.

## *Hamilton-Beach Mfg. Co.*

### **The "New- Life" Vi- brator**

The motor is fitted with a handsome cord, on the end of which is a screw plug to be inserted in the electric light socket and so supply the current to run the vibrator. The current is controlled by a small lever close beside the polished hardwood handle. This lever gives the motor seven different rates of speed. When pushed into the first notch the motor begins to hum at the rate of 7,000 revolutions a minute. It can be thrown instantly into the highest speed if desired, or it can be pushed along slowly, increasing the speed by 500 revolutions a minute, until a maximum of 10,000 per minute is reached.

The shaft of this whirling motor is fitted with an eccentric, which converts the revolutions into a circular rubbing motion at the end of the shaft. And on the end of this shaft, protected to its very end by the aluminum casing, is fastened one of the six different applicators by which the motion—vibration—is to be communicated to the body. The applicator does not revolve, or whirl around like a top. It merely moves

## *Health and How to Get It*

in a tiny circle, but moves so rapidly that to the eye it seems to be revolving.



Type A of the "New-Life" vibrator with six applicators in case

It is this quivering applicator, describing its little circle at the rate of 10,000 a minute,

## *Hamilton-Beach Mfg. Co.*

**The "New-Life" Vibrator**

which is placed against the part to be treated, and gives it that delicious thrilling, health-restoring sensation called vibration. Its motion is so slight that it cannot inflict pain unless placed suddenly and with force on a part of the body already swollen and tender. Yet its force is such that the hand of a strong man is not able to stop it. And its power is so great that when pressed heavily against the body, even the most deeply seated organs are made to quiver and vibrate and respond in a moment to its insistent action. When the point of the applicator is pressed against the body, the motion imparted is circular; but when held sideways the motion is that of tapping, or percussion. Thus all the important phases of vibration are given instantly by the same machine.

There are six different applicators that always go with every "New-Life" machine sent out from the factory, and one special kind which is supplied only when requested. These have been found, after long and careful study and experiment, to fill every need

## *Health and How to Get It*

of every case where vibration is advisable. Each is fitted with a little threaded stem, which can be screwed to the end of the shaft in a moment, and as quickly taken off and changed.

The "New  
Life" Vi-  
brator

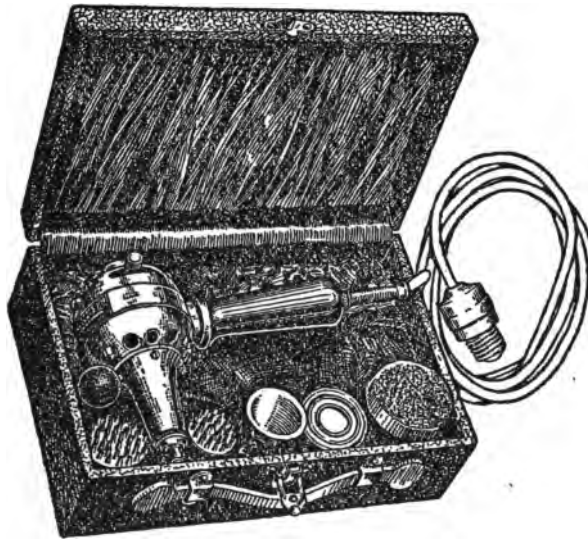
Of these applicators, No. 1 is the flat disc, made of hard or vulcanized rubber. It is largely used for rubbing and kneading the muscles, especially the broad, flat muscles of the back and along the ribs, and on the legs when great penetration is not necessary.

The applicator of soft rubber shaped like a bell, is known as No. 2. It is largely used about the face and neck, the arms and the bust, by reason of its softness, and of the vacuum it produces when pressed against the flesh. Its greatest use is in massaging the soft tissues, stimulating the flow of blood, to the skin, and building up and making plump the muscles when for any reason they are too weak and thin.

The most delicate applicator of all is the No. 3, the velvet sponge. It is used about the face, especially for treating the eyes, nose and throat, and for any part of the

*Hamilton-Beach Mfg. Co.*

**The "New-Life" Vibrator** body where there is great pain or tenderness. There is nothing like this applicator for the face after a bath or a shave. Bar-



**Type C, "New-Life." It is the most powerful of all**

bers use it a great deal in giving face massage after using the razor, and nowadays hundreds of men who do their own shaving have a "New-Life" vibrator at hand, with

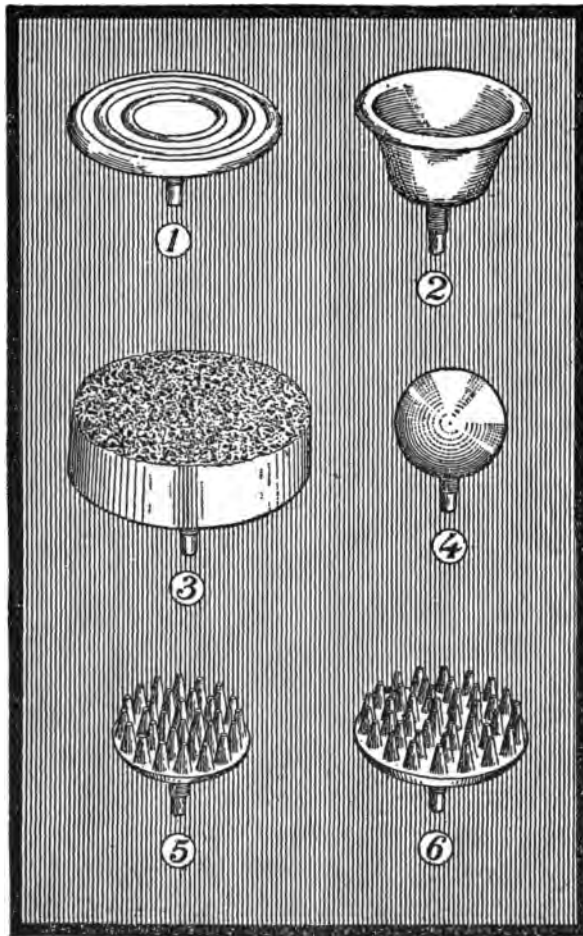


## *Health and How to Get It*

the velvet sponge applicator ready, to treat the face when the razor is laid aside. It gives a feeling of smoothness, a glow of health and comfort, that can be had in no other way. At the same time it makes the facial muscles more firm, takes up the sagging lines of cheek and chin, smooths out the wrinkles of the forehead and the crow's feet at the corners of the eyes, and brings back the look as well the feeling of youth to the face.

The "New-  
Life" Vi-  
brator

The most powerful applicator is the No. 4, the round ball made of hard rubber. It is used in cases requiring the most vigorous treatment, especially when large and heavy muscles must be vibrated, and where it is desired to reach through the outer muscles and penetrate to the deep-seated organs such as the liver or the kidneys. It is difficult to believe the power that this applicator exerts when the motor is running at the rate of 10,000 revolutions a minute, and the hard rubber ball is pressed firmly in among the muscles to be treated. A deep, powerful, insistent vibration is given to every part



The six applicators furnished with each "New-Life" machine

## *Health and How to Get It*

over which the applicator is placed, and the effects cannot be mistaken. No. 4 is chiefly used in sciatica, where it is necessary to penetrate deep among the muscles of the hip and thigh, and reach the great sciatic nerve which lies close to the thigh bone.

The "New-  
Life" Vi-  
brator

The principal uses of applicator No. 5 are the treatment of the scalp and of the skin in case of nervousness. No. 5 is the smallest one of soft rubber with prongs. It is sometimes called the brush applicator. No shampoo ever given by hand can equal the soothing and stimulating effect of this applicator when used on the scalp. In hand shampoo the operator's fingers merely grind the hair against the scalp; in using this applicator the soft rubber teeth glide through the hair like a comb, and the tips of the prongs give to the scalp the powerful and delightful stimulation of strong massage, with no hair pulling, no shaking of the head, no discomfort whatever.

If there is dandruff on your scalp, No. 5 will bring it off. And there is a kneading of the scalp, a stimulation of circulation,

## *Hamilton-Beach Mfg. Co.*

**The "New-Life" Vibrator**

that will help to stop the drying out and falling of hair, and give new growth and strength to it. It is especially grateful to the scalp when a tonic of any kind is applied to the hair, or after the hair has been washed. And all the tangling, which makes a shampoo so dreaded by women, is avoided when this comb-like applicator is used.

There is little difference between applicators No. 5 and No. 6 except in size. One is used for nearly all purposes for which the other is fitted. No. 6 is a favorite in treating the skin, especially when there is much nervousness. With this applicator a particularly soft and delicate stroke can be given along the spine and up the arms and legs that quickly takes away nervousness and puts one to sleep.

The details of the uses of the various applicators will be given in later chapters, where each ailment is taken up in turn and directions given for treating.

There are four styles of the "New-Life" vibrator, known as Types A, C, D and

## *Health and How to Get It*

F. Each is the best of its kind, and fitted for work of different degrees of power.

The "New-Life" Vibrator

The largest and most powerful machine is the type C. Its applicator has the circular motion when held in a perpendicular position, and the percussion when held in a horizontal position.

The Type A is slightly smaller, and its applicators have the back and forth motion when held in a perpendicular position, and the percussion stroke when held in a horizontal position. It is chiefly a matter of taste which of these two is chosen; many prefer the Type A, and find it as powerful as they require. Many physicians even recommend it rather than the stronger Type C.

These two types are made in two styles of armature winding to fit conditions of electric current—Alternating Current or Direct Current. A vibrator wound for an alternating current will not burn out on a direct current, but it runs very fast, and is not easily regulated as to speed. It is always best to choose a machine wound for the kind of current in your house.

*Hamilton-Beach Mfg. Co.*

**The "New-  
Life" Vi-  
brator**

The Type D "New-Life" vibrator was specially designed to meet the demand for a light, efficient and low priced vibrator for

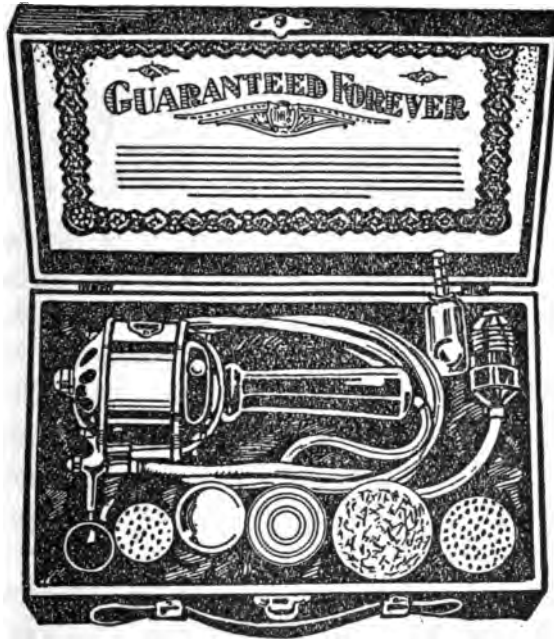


Type D of the "New-Life" vibrator with six applicators in case

family use and for the professional hair dresser or masseur who calls on patrons at

## *Health and How to Get It*

their own homes. This type is a universal motor which operates on both the alternat-  
The "New-  
Life" Vi-  
brator



Type F of the "New-Life" vibrator with six applicators in case

ing and direct current; it gives the same strokes as the Type A, but has no speed

*Hamilton-Beach Mfg. Co.*

**The "New-Life" Vibrator**

regulation. It may be started and stopped instantly by means of a push button in the handle.

The Type F "New-Life" vibrator is similar in design and construction to Type D, but is provided with a speed regulating device the same as Types A and C. This is a very satisfactory outfit at an extremely low price.

As to voltage, both types of machine are wound to run on any voltage required, from as low as 82 volts to as high as 250, but as in the case of the current, it is necessary to get a machine which is adjusted to the voltage your wires carry. Any firm handling the "New-Life" vibrators will get a machine wound to any voltage and for either current you may need.

Either of these vibrators can be attached to any electric light plug in your house, and by the use of the multiple plug, not interfere in the least with the use of the light.

In none of these vibrators is electric treatment given. The current is used to run the



## *Health and How to Get It*

motor, but that is all, and it is no more possible to receive an electric shock from a vibrator than it is in using an electric iron or fan, or riding on an electric street car.

**The "New-  
Life" Vi-  
brator**

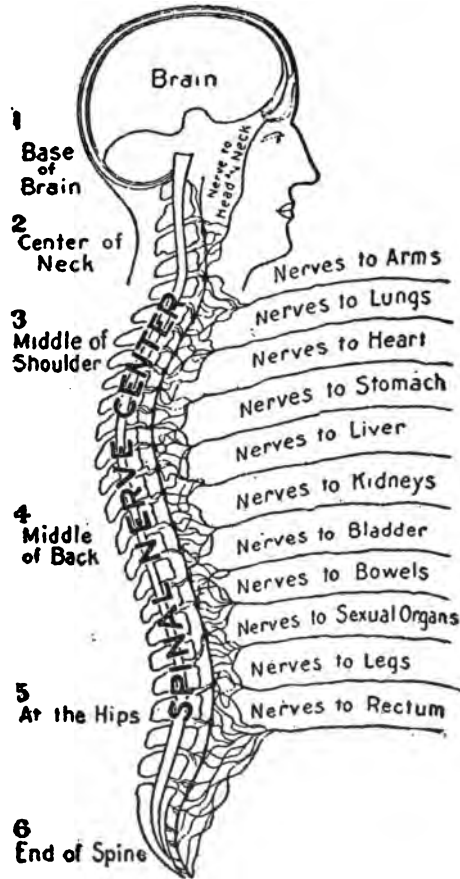
Every vibrator is fully guaranteed by the Hamilton-Beach Mfg. Company to be free from mechanical defects, and this guarantee holds during the entire life of the vibrator.

Each vibrator comes in an elegant, black leatherette case, with green satin lining, fully fitted with cord, socket plug, oil can, and the six applicators. And in addition is given, free of charge, this 300-page book of instructions on the use of the vibrator. More than seventy ailments are listed and described, fully indexed, and full directions given for the use of the "New-Life" in each case to which it is adapted.

The whole "New-Life" outfit is not only the handsomest and most complete ever put on the market, but is the very last word in efficiency. The users of this vibrator get more for their money than any others.

*Hamilton-Beach Mfg. Co.*

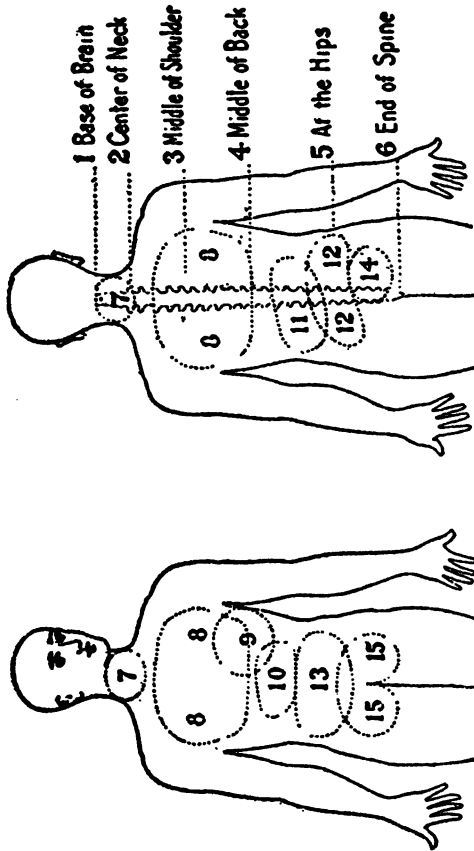
**The "New-  
Life" Vi-  
brator**



**Showing spinal nerve centers of various  
organs of the human body.**

## Health and How to Get It

The "New-  
Life" Vi-  
brator



Showing location of the Principal organs of the human body.

- 7. Neck and Throat.
- 8. Lungs.
- 9. Heart.
- 10. Stomach.
- 11. Liver.
- 12. Kidneys.
- 13. Bowels.
- 14. Spleen.
- 15. Loins.

## THE BONES

In rough outline it may be said that the human body is made up of bones, nerves, muscles, blood vessels, digestive organs, excretory organs and breathing organs. These are, of course, all dependent on each other, and included in them are many smaller systems, but leaving out the matter of details, these may be called the principal systems of the body.

The framework of the body, known collectively as the skeleton, is composed of about 200 bones. The number is variable at different times of life. In youth there are considerable more than 200 bones, but with age some of them grow together into one bone, so that the number decreases.

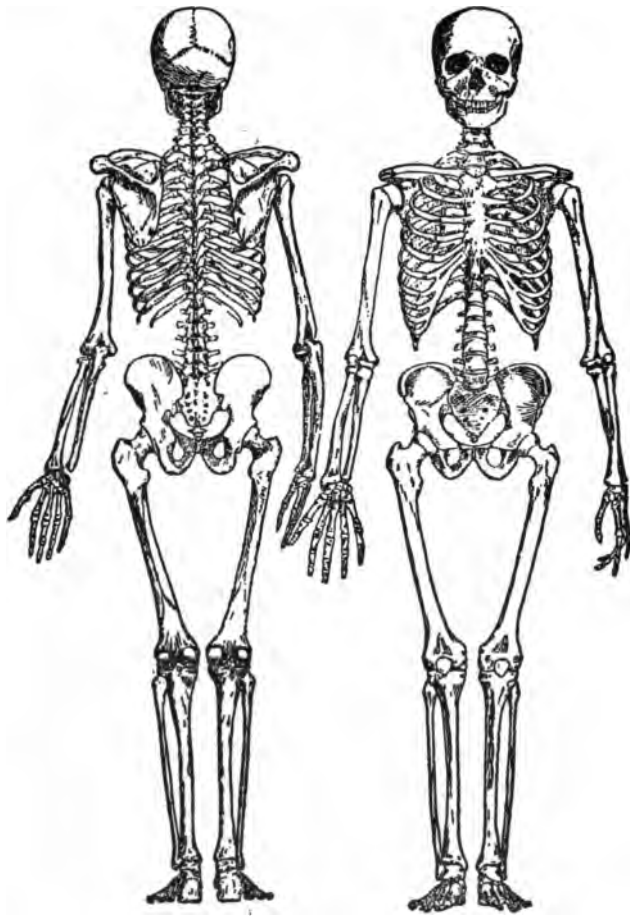
Each bone in the body—yes, each knob, depression, groove, curve and angle of each

## *Health and How to Get It*

bone—has a scientific name. Nobody but **The Bones** the doctors and men of kindred professions know these names—and few of them know them all—and it would be worse than useless to set them down here, for the busy man or everyday life neither needs nor cares to learn them. It will be sufficient to mention the chief groups into which the bones are naturally divided according to location and use. All the groups and most of the larger bones are known by some common name in everyday use. The natural groups of bones are the head, the chest, the pelvis, the limbs and the spine.

The bones of the head surround and protect the delicate brain, and afford more or less protection to the eye, ear, nose and mouth—organs of special sense.

The bones of the chest are the ribs and the breastbone, and that part of the backbone to which the ribs are fastened. They shield the heart and lungs, and the large blood vessels.



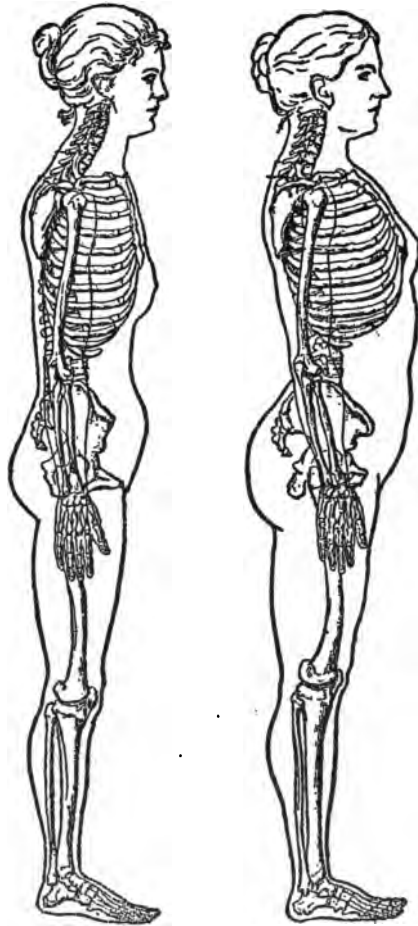
**Back and front views of the human skeleton**

## *Health and How to Get It*

The pelvis is the group of large, heavy bones at the base of the body. It holds and protects the lower bowels, the urinary and generative organs, upholds the backbone and shoulder blade and the bones of the base to which the legs are attached at the hip joints. It is made up of the two large, irregularly shaped bones of the hips, and two smaller bones forming the base of the spine. The Bones

The bones of the limbs are the collar bone and shoulder blade and the bones of the arms and hands; and the bones of the legs and feet.

The backbone, or spinal column, or spine, as it is variously called, is the real base of the skeleton—the most important part of all, to which the other parts are directly or indirectly attached. It holds the body upright, supports the head at the top, and protects the organs of the chest and of the abdomen from behind, and shields completely the spinal cord, that extension of the



**On the left the figure of a woman before using the "New-Life" vibrator.  
On the right the same woman after using it a year.**



## *Health and How to Get It*

brain from which the nerves of the body branch out. **The Bones**

The bones of the spine are hollow, and in this hollow is concealed and protected the spinal cord. From each side of each vertebra there are projections of bone for the attachment of muscles, and between the vertebrae are pads of cartilage, or gristle, to prevent friction and to make the spine springy and elastic. Between each pair of vertebrae the nerves branch out from the spinal cord and send their fibers to all parts of the body.

The first seven vertebrae constitute the bones of the neck. The next twelve, to which the ribs are fastened, are the vertebrae of the back. The seven below, to which no ribs are fastened, are commonly known as the bones of the small of the back.

## THE MUSCLES

The muscles may be termed the engines of motion of the body. It is by their power of contracting, or shortening themselves, and pulling on the bones and on each other, that we are enabled to move.

Muscles are the reddish, meaty parts of the body. They are made up of myriads of bundles of little threads or fibres, each consisting of a chain of tiny cells or globes. Each of these cells has the power of changing its shape very slightly. When all the cells of a fiber change their shape and so become shorter, they shorten the whole of the fibre. And when all the fibres of a muscle are shortened that muscle is greatly shortened.

With very few exceptions the muscles of the body are arranged in pairs, so that wherever there is a muscle to produce motion in one direction, there is another to cause motion in the opposite direction.



**Outer muscles  
of the right side  
and front of the  
body**

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**The Muscles** All around and between the fibres of the muscles all over the body run the tiny threads of the nerves, which will be described later. And through the muscles also run the tiny blood vessels called capillaries, and the fluid called lymph is also circulating through every part of them all the time. The purpose of the blood and lymph is to carry nutrition to the muscles and build them up as they are worn out, and to carry away the waste matter. For muscle work is wearing, and every time a muscle moves some parts of it are broken down and must be built up again, and the fragments carried away. The same is true of the nerves and the tendons and the other parts of the body.

With this in mind, it will be easy to understand, later on, the marvelous work of the "New-Life" vibrator in building up the muscles and nerves. For even when a patient is too weak or ill or crippled to move the muscles himself and give them the needed exercise, the vibrator, by pressing, squeezing, rubbing and shaking them, will



**Outer muscles  
of the back of  
the body**

## *Hamilton-Beach Mfg. Co.*

**The Muscles** hasten the flow of blood and lymph, and assist in building up the worn parts and carrying away the waste. Anything that encourages the natural flow of rich blood and lymph to a part, will help that part to grow strong.

The muscles of the body are roughly divided into two classes, voluntary and involuntary. The voluntary muscles are those which man can use when he chooses, and keep idle when he chooses, as the muscles of the arm or leg. The involuntary ones are those which move whether he chooses or not, and even whether he knows it or not, as the heart, the breathing muscles, and the muscles of the stomach.

Of the voluntary muscles there are more than 800 in the human body. Each one has a name, but it would be useless and tiresome to set them down here. For all purposes necessary in this work, the muscles can be located, when desired, by telling in what part of the body they are, and what parts they move.

## THE NERVES

The nervous system consists of the brain, the spinal cord, and the branches of these two which are sent to every part of the body.

The brain is the organ of thought, the seat of sensation, and the place where voluntary motion originates. The spinal cord is but an extension of the brain and, with its subordinate knots of nerve matter, or ganglia, has charge of the involuntary muscles. The nerves are branches or threads sent from brain and spinal cord to every part of the body, to supply every fibre with a connecting link with the brain.

The purpose of the nerves is two-fold—to carry sensory or feeling impulses from the body to the brain, and to carry motor or motion impulses from the brain to the various parts of the body. Unconsciously, too, the nerves superintend the work of the blood vessels and lymphatics in rebuilding

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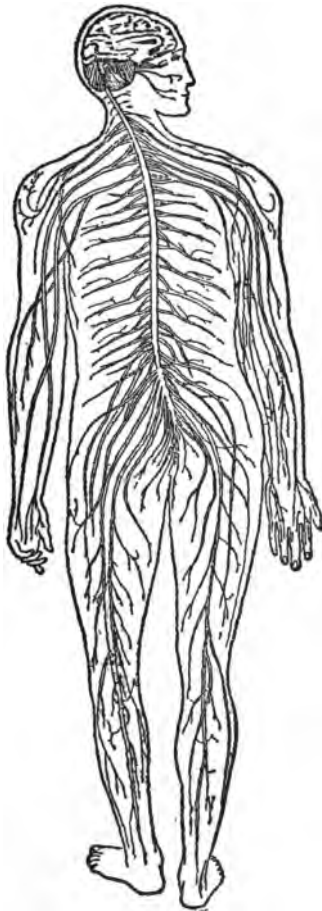
**The Nerves** the tissues and removing the waste from the body.

The brain is wholly within the bony box at the top and back of the head, called the skull. The nerves of special sense, to the eye, ear, nose and tongue, are sent out directly from the brain itself.

Through an opening in the base of the skull the spinal cord passes into the hollow of the backbone, and extends almost to the end of the spinal column.

From the spinal cord, as has been said, nerves branch out at each side between every pair of vertebrae, or bones of the spine. Instead of running straight to the various parts of the body, these nerves unite in groups along each side of the backbone, forming the ganglia, or centers of reflex or sympathetic systems. Each ganglion sends fibres to one or more of its nearest neighbors, so that instead of a simple spinal cord, with simple lines of nerve connecting the parts of the body, there is the spinal cord proper, and two chains of ganglia, one on





**Nervous  
system.  
Note how  
the nerves  
join on each  
side of  
the spine**

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**The Nerves** each side, all connected together and each assisting the others.

That is why, when one organ of the body is injured in any way, there are so many symptoms involving other organs which are in no way concerned. The nerves leading from the injured organ join the nerve ganglion to which all the other organs in that vicinity are joined, and all are affected. Thus, tickling in the throat will cause the stomach to contract convulsively, and vomiting is the result. Injury to the great pneumogastric (lung-stomach) nerve will cause symptoms in both lungs and stomach, because the nerve serves them both. Any cause, acting upon any of the vital organs, will invariably act also on other organs merely through their being connected by this endless chain of sympathetic nerves.

It is in soothing disturbances of the nervous system, and in aiding them to regain their lost balance and perform their work in a natural way, that vibration has done some of its most notable work. With a "New-Life" vibrator the nerve may be directly

### *Health and How to Get It*

stimulated or retarded in its work, and the ~~The Nerve~~ blood vessels which supply it and keep it built up and strong and able to work are encouraged to take still better care of it. The whole nervous system responds admirably to the stimulating effects of "New-Life."

## THE CIRCULATION

Life is a constant process of wearing out and replacing the various parts of the body; it is the work of the blood to carry the waste material away, and to bring fresh material to all the various organs for their rebuilding. To do this a constant stream of blood must be kept flowing to every part of the body, carrying in the fresh and carrying out the waste matter.

The principal organs of this circulatory system are the heart, arteries, capillaries and veins, and their work is just as important as that of any other system of the body. If they do not supply nutrition to any part of the body, that part is quickly wasted away and useless; and if they do not remove at once all waste matter, decomposition sets in and the whole body is impaired.

The outlines of the work of the circulatory system are easily understood. The

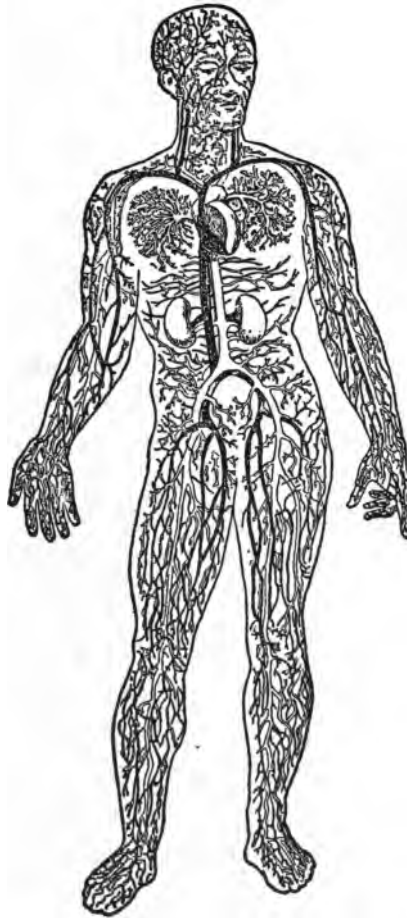
## *Health and How to Get It*

heart, the working engine of the system, is a strong, muscular organ located in the chest just behind the breastbone. It is under control of the sympathetic nervous system, and with a very few exceptions nobody can ever stop or start his heart at will. It forces the blood throughout the body, day and night, at the rate of from 60 to 75 strokes a minute. This work is so important to the welfare of the body that if the heart stops beating death comes in a few minutes.

**The  
Circulation**

The blood leaves the heart through one very large artery, which quickly divides into smaller ones which branch out to every part of the body, growing smaller and smaller and reaching to the tiniest subdivisions of fingers, toes, ear tips—to every organ. When the arteries have been divided until they are so small they can not even be seen they are called capillaries, which means “hair-like,” on account of their size.

It is these capillaries that do the building and removing work for all parts of the body. Their walls are so thin that the nutritious elements of the blood pass right



**Circulatory  
system.  
Light lines  
show pure  
arterial  
blood; dark  
lines show  
impure  
venous  
blood**

## *Health and How to Get It*

through them and are used by the cells to build up the worn out tissues; and in the same way the waste elements pass through the walls into the capillaries and are carried away in the blood. **The  
Circulation**

Of course any process so important as this cannot be interrupted nor interfered with in the smallest degree without bad results. Anything which weakens the heart, or makes the blood less pure, or prevents its full and rapid circulation to all parts of the body at all times, will surely result in weakness in some part of the body, and if not remedied, finally in illness and death. It follows, as a matter of course, that anything which will assist in keeping the heart going at its natural speed, remove any impediments to the full and free circulation of the blood, and promote the quick rebuilding of worn out tissue and the removal of waste matter, will prove of the greatest importance to the general health.

That is just what the "New-Life" vibrator does. It can be used to stimulate the circulation in any desired portion of the

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**The  
Circulation**

body. It can, by its influence on the sympathetic nervous system, retard the work of the heart itself. It can just as easily, by stimulation of the nerve centers, and by vibration of the heart, aid materially in its work. When the heart muscle is weak, when the blood flows sluggishly through the veins, when from any cause there is a poor circulation, not only can the circulation be stimulated and the blood flow hastened, but by direct vibration of the heart it can be strengthened and aided in its work.



## DIGESTION

Briefly told, the process of digestion is this: The food is taken into the mouth where it is ground to pieces and thoroughly mixed with saliva, which not only moistens it so that it can be swallowed but later assists in dissolving the starchy parts of the food and changing them into a form fit for body-building.

When the food has been ground up by the teeth, and thoroughly mixed with saliva, it is swallowed and passes into the stomach, a muscular sack holding about three pints when full. The stomach at once begins to contract and expand, squeezing and mixing the food, at the same time pouring in upon it a liquid known as the gastric juice which further aids in dissolving it. As fast as it is thoroughly mixed with the gastric juice and rendered fluid, the food is allowed to pass, a little at a time, from the stomach

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**Digestion** into the small intestine. It usually takes from three and a half to four hours to empty the stomach after a full meal, the time depending much on what has been eaten.

In the intestine the work of digestion proceeds much as before. From the liver, the spleen and the pancreas other juices are poured in upon the food, and it is still further dissolved. By gentle contractions the intestine forces the food along through its entire length of about 25 feet. And all the while the different fluids are dissolving the food, the lymphatics are absorbing and carrying away the strength, or nutritive parts of it. This lymphatic system is a set of vessels very like veins, surrounding the intestine and sending through its walls everywhere their little hair-like filaments, which drink up like sponges the dissolved portions of the food. This absorption begins on a small scale even in the stomach and continues throughout the intestine, but the great bulk of it is done in the small intestine.

The lymphatic vessels not only collect the nutritive parts of the food from the stomach

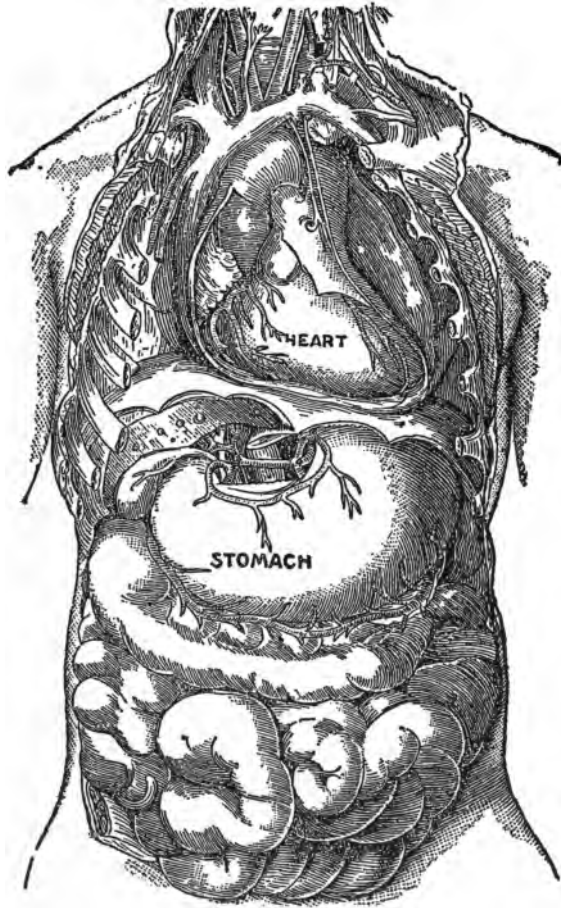
## *Health and How to Get It*

### **Digestion**

and intestines, but tiny branches run along with the blood vessels to all the capillaries of the body and assist in the building up of tissue and the removing of waste product, but it is not necessary, in a work of this kind, to tell in detail the processes of this work.

Some of the nutritive portions of the food are also absorbed by the blood vessels of the membranes that surround the intestines. This blood goes through the portal vein to the liver, through which it is filtered for the removal of poisons before it is allowed to enter the circulation. From the liver it goes, by the hepatic vein, to the body's main vein.

From the point where the small intestine joins it, the large intestine passes upward to a point higher than the navel and just below the stomach, then across the front of the body to the left side, down the left side to the lower part of the abdomen, where it ends in the rectum. In length it is about five feet or a little more.



**Organs of the abdomen and the thorax in position, showing their relation to each other. Above the diaphragm are the heart and lungs, and the large blood vessels. Below are the stomach, liver and intestines**

## *Health and How to Get It*

### **Digestion**

No matter where the fault lies—whether in a poor judgment which does not give the stomach proper food; or in a weak stomach which does not digest it; or in a faulty liver or spleen or pancreas which does not furnish the proper juices; or in an intestine which slights its work—the result of failure in any part of the digestive system is a weakened, and finally a diseased body.

There is no agency known to science today which will reach the seat of any kind of digestive disturbance as will the “New-Life” vibrator. Applied to the nerves controlling the various organs, it will either stimulate or check them at the will of the operator. Applied over the stomach itself, it stimulates the flow of the gastric juice and the motion of the stomach itself. The liver, the spleen, any of the deep-lying organs of digestion, are within easy reach of the penetrating applicator, and they respond instantly to the treatment. Used along the course of the large intestine, it stimulates that organ to hasten the escape from the system of the waste matter left over after

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**Digestion** the work of digestion is done, and so rids the system of the evils of constipation. This detail will be spoken of more at length under the head of the excretory organs.

## EXCRETION

The waste matter of the body, arising partly from the wearing out of material in the various tissues and partly from useless material taken into the body with the food and drink, is cast out of the body through four principal agencies. These are the lungs, the bowels, the kidneys and the skin. They are assisted more or less by other organs, as the liver, and they are able in a measure to aid each other in their work; but these four are the chief ones.

In the chapter on circulation it has already been said that one half of the heart is devoted entirely to sending the blood to the lungs to be purified. The manner of purifying the blood is to bring it into close contact with fresh air breathed into the lungs, with only the thin wall of an air cell between the air and the blood. Through the thin

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**Excretion** walls of these cells gas and vapor pass freely, while blood cannot pass at all.

When the blood, laden with carbon dioxide and other gases from the worn out parts of the body, is pumped into the lungs, an exchange is made through the walls of the air cells. The blood gives up the gases with which it is laden, and takes from the air in return the supply of oxygen it needs. Then the freshened blood passes back to the heart, ready to be sent out through the body again to distribute more building material, and gather up more waste; but the vapor and impure gases are expelled from the body with the stale breath.

The failure of the large intestine to cast out the waste matter is called constipation. Improper diet, irregular habits and nervousness are among the causes of constipation. The evils which it may cause are many and serious.

A third set of organs whose duty it is to cast out impurities from the body is the kidneys and their helpers, the ureters, the bladder and urethra, called the urinary system.





**The kidneys are the bean-shaped organs against the back wall of the abdomen. The ureters are shown, one leading from each kidney to the urinary bladder below. The stomach and intestines have been removed to give clear view of urinary organs**

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### **Excretion**

The kidneys are bean-shaped organs of reddish brown color, located in the small of the back, one on each side of the backbone. Their especial task is to receive blood from a branch of the principal artery, and as this blood is filtered through the capillaries of the kidney, to extract from it the excess water and certain waste matter dissolved in the water. This water, with the other matter it contains, is called urine. The kidneys take from the blood of the average person every day from 40 to 60 fluid ounces of urine. Of the urine, 96 parts of every 100 is water, 2 parts urea, and the other 2 parts made up of salt, uric acid and various other waste matter, all dissolved.

Most of these waste products are very dangerous if allowed to gather in the blood. Uric acid, in particular, is blamed for rheumatism and gout, and death in cases of kidney disease often comes directly from poisoning when the kidneys are unable to do their work. Doctors call it uraemic poisoning.

The kidneys are readily reached with the

## *Health and How to Get It*

penetrating applicators of the "New-Life" vibrator, and can be stimulated and assisted and strengthened by it just as any other organ can. Excretion

The fourth of the great channels through which waste matter is cast out of the body is the skin. Few people realize that the skin has any further use than to protect the tender parts of the body, but its chief use is excretion.

The skin of the entire body is full of very tiny holes or pores called sweat glands. Scientists have estimated that there are about 2,500,000 of these tiny openings in the skin of a man. As the blood flows about the base of these little tubes it gives off, through the walls of the capillaries, a small amount of water, in which is dissolved certain solid matter, just as urine contains dissolved salt, uric acid, urea and the like.

The skin is able to take upon itself part of the work of the kidneys, for urea is found in the sweat; and there is no doubt that the skin, the kidneys and the lungs assist each other in time of overwork. None of the

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**Excretion** three can be entirely spared, and death would result just as surely from the loss of both kidneys as from the loss of both lungs, or the entire stopping up of the pores of the skin.

## RESPIRATION

Mention has already been made, in the chapters on the blood and on excretion, of the work of the lungs in purifying the blood. In this chapter a fuller description of their work will be given.

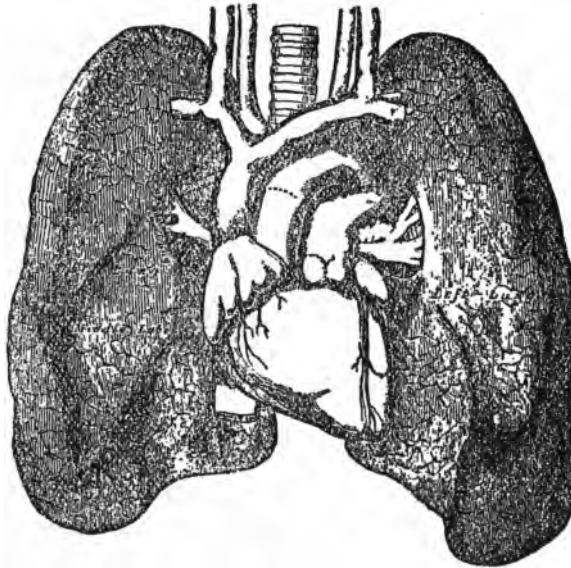
The chief organ of breathing is the pair of lungs, and their principal aids are the mouth and nose, the windpipe, and the bronchial tubes. Taken together these organs are called, by the doctors, the respiratory system.

The lungs are located in the upper part of the body, reaching from the first rib, just under the collar bone, down to the lowest rib. They completely fill all the space enclosed by the ribs, the backbone and the breast bone, except the room necessary for the heart and the large arteries and veins and lymphatic ducts, and the windpipe and gullet which pass through. The heart lies

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**Respiration** right between the lungs, pressed close against them.

There is a two-fold purpose in breathing;



The lungs, with the heart between them. The ringed tube in the center at the top is the windpipe; the other tubes are blood vessels

to relieve the blood from the load of carbon dioxide which it has picked up as waste matter in the capillaries in all parts of the body,

## *Health and How to Get It*

and to supply it with oxygen which enables **Respiration** it to go back to the capillaries with fresh supplies of cell-building material. The lungs are largely made up of air cells, like tiny bubbles, into which the air rushes when the breath is drawn in. Just through the walls of these air cells is the blood pumped into the blood cells of the lung by the right side of the heart. Through the walls of these air cells the gases pass, the carbon dioxide and vapor going out of the body with the breath, and the oxygen from the fresh air taking its place in the blood. This exchange of impure gases for pure oxygen changes the color of the blood from dark, purplish red to a bright scarlet.

There is nothing like the "New-Life" vibrator for controlling the action of the lungs when it is necessary to change the manner of their work. By treatment of the various sympathetic nerves and the blood vessels leading to and from them, the blood can be brought in greater quantity to any desired spot, or congestion can be relieved by causing the blood to go elsewhere. Pain can be

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**Respiration** relieved, inflammation reduced, and any part of the breathing apparatus aided in its work and stimulated to a greater degree of health and strength. Laryngitis—inflammation of the voice box, and pharyngitis—inflammation of the upper part of the throat, as well as inflammation of the bronchial tubes and of the air passages of the nose, are all easily relieved by proper use of the “New-Life” vibrator.



## ADENOIDS

The adenoid is a small, spongy growth very like a small tonsil, in the roof of the throat. If it has any use that use is not understood at present. Usually it remains small, and does as little harm as it seems to do good. But sometimes it is irritated by repeated colds in the throat, and swells. Sometimes it grows and develops abnormally, and becomes the size of a small egg. In these cases it is a very serious affair, not because it threatens immediate death, but because it interferes with the growth and development of the child—for it always makes its appearance early, from the seventh month to the seventh year of life.

The child suffering from adenoids, if not relieved, soon shows plainly something is wrong. The growths clog up the openings from the nose to the throat, and compel the little one to breathe through the mouth.

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**Adenoids** They impede the passage of air in the tube from the inner ear to the throat, and there is earache and often deafness. The nose and palate, ill-nourished, do not develop well, and there is a narrow palate, projecting upper teeth, a short upper lip, thin nose, and the little one goes about with open mouth and stupid look. The senses of taste and smell are partially lost, the difficulty of hearing makes the child inattentive, and sometimes it is thought half-witted.

Only a surgeon can remove an overgrown adenoid. The operation is usually a trifling one, especially if the child be young.

But when the adenoids are removed—for there are often more than one—the “New-Life” vibrator is one of Nature’s best aids in restoring the balance. Use the ball applicator on either side of the spine not pressing too heavily, and working from the nape of the neck to the base of the spine.

Use the sponge applicator at the sides and bridge of the nose, in front of and behind the ears, and down the sides of the neck.

The response of Nature to this stimulus,

*Health and How to Get It*

when once the cause of the trouble has been removed, is wonderful. The ear, nose, and palate will get their normal supply of blood again, and will grow and develop with other parts of the body, and if taken in time all trace of the trouble will soon disappear.

**Adenoids**

## APPENDICITIS

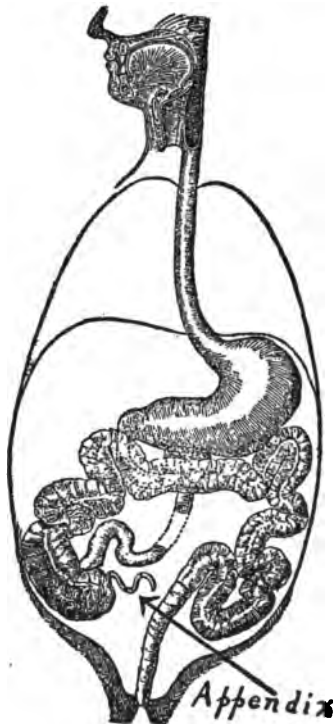
Appendicitis is an inflammation of the vermiform appendix, a little, useless tag-end of an intestine near the point where the small intestine joins the large. It is in the lower, right-hand part of the abdomen in front, between the navel and the right groin. It is three or four inches long, about as thick as a goose quill, and has a hollow space about the size of a broom straw. It hangs by one end to the pouch at the end of the large intestine.

The inflammation may come from a bit of food which works into the appendix, or from a kink or twist into which it works itself, or merely from a poor blood supply, causing it to decay and set up local poisoning. Usually the attack comes in early life because the opening of the appendix is almost or quite closed in middle life, and there is less danger of trouble.

## *Health and How to Get It*

The very large majority of cases recover without an operation, and it is safe to say without ever being recognized as appendi-

**Appen-  
dicitis**



**The appendix.** Most of the intestines have been removed to give a clear view of this useless organ

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**Appendicitis**

citis, but are passed over as "colic" or "indigestion" or merely "soreness of the bowels." And doubtless many more, with prompt vibratory treatment at the beginning, would prove as harmless. But when a case has gone too far, and there is formation of pus and danger of blood poisoning, only a good physician should say what shall be done.

Using the flat applicator, treat the abdomen from the right groin upward to a point two inches higher than the navel, across the abdomen to the left side, and downward to the left groin. Treat the region of the appendix gently, moving in circles from left to right, gradually increasing the pressure. Then use the ball applicator on the small of the back on each side of the backbone.

## ASTHMA

Asthma is a spasm of the windpipe or bronchial tubes, or both, causing a sensation of choking. The indications of the disease are a cough which brings up little or no mucus; a wheezing as the breath is forcibly expelled, nervous gaspings, and fear of choking to death.

The disease has been charged to several causes, among them swelling of the lining of the windpipe, and a special form of inflammation of the smaller branches of the bronchial tubes. But as Dr. Osler says, "All writers agree that there is in a majority of cases of bronchial asthma a strong neurotic (nervous) element." Many writers are of the opinion that it is purely nervous.

Since asthma is largely a nervous affection, its cure must depend on proper treatment of the nerves controlling the organs of breathing. This makes it particularly a

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**Asthma**

case for the "New-Life" vibrator. As Dr. Wallian says, writing of vibratory treat-



Treating the chest in asthma

ment, "Any spasmodic paroxysm may be more or less ameliorated (helped). Cases



## *Health and How to Get It*

of neurotic (nervous) and uncomplicated origin can be more decidedly and permanently relieved."

**Asthma**

Using the ball applicator, give deep pressure to the back of the neck on each side of the spinal column, and to the front of the neck above the collar bones. Then treat on each side of the spine as far down as the middle of the back, pressing for a few seconds at a time, and giving three pressures at each space between the vertebrae. If sensitive spots are found, press them six times.

Then let the patient lie on his back with a pillow beneath his shoulders, and his arms upraised. With the brush applicator or the flat one, treat first the neck, then go over the whole chest, stroking from the shoulder to the breastbone, and from the breastbone downward and backward. If sore spots are found, treat them several times. Action of the diaphragm is affected by treatment over the solar plexus, just below the end of the breastbone.

Sometimes there will be found a circle of

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**Asthma**      tenderness around the waist line in men, or lower in women. This should be lightly treated with the flat applicator.

Used once a day at first, and at longer intervals as the case improves, the "New-Life" vibrator has produced wonderful results in very stubborn cases of asthma.

## BACKACHE

Backache is a symptom rather than a disease in itself, but is no less painful for that, and is no less readily relieved by proper application of the "New-Life" vibrator. The pain is usually in the small of the back, just above the large bones of the pelvis—sometimes a little lower or a little higher.

Not only are all the muscles sore, and the entire region tender under pressure; there is a constant pulling, dragging, insistent pain, worse when the sufferer moves about, but always present whether still or in motion. The pain is very great on rising or sitting down, and almost unbearable when stooping. Sometimes the agony makes walking difficult.

This trouble may be due to any one of several causes—weakness or disease of the sexual organs, bladder weakness, kidney disease, lumbago or rheumatism of the

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**Backache** muscles of the back, or merely an over-worked and run-down condition of the system which shows in the weakest part.



Relieving her aching back  
82

## *Health and How to Get It*

### **Backache**

First treat the aching parts themselves. Use either the ball applicator held sideways, or the flat applicator, with heavy pressure, close to the backbone on each side, stroking downward and outward. The heavy pressure will inhibit or check the nerves, and induce a free flow of blood through the parts. The results of a few minutes treatment of the most stubborn case will seem marvelous.

When the pain has been eased, turn to the cause. For ovarian congestion give gentle treatment three or four inches on either side of the spine, just above the large bones of the pelvis. If the cause be uterine trouble, vibrate the front of the abdomen a few inches above the pubic bone. The uterus should not be vibrated in time of pregnancy, nor in menstruation.

Diseased kidneys are often the cause of stubborn backache. When the pain in the back has been relieved, they may be vibrated directly by applying the ball applicator to the back three or four inches from the backbone, on a level with the navel. In addition, treatment should be given the stomach

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**Backache** and liver just below the ribs in front of the abdomen, and the spine from the shoulder blades down.

When backache is due to overwork and a general run-down condition of the body, the pain is first relieved by treatment over the painful parts. Then, with the flat applicator, or with the soft brush if that seem too harsh, go over the whole surface of the body, stroking gently in the direction of the heart. To do this most of the clothing should be removed and the patient lying down. Congestion will be relieved, the nerves soothed, and long before the treatment is over the patient is likely to become sleepy. If possible, throw a blanket over the body and let him sleep.

## BILIOUSNESS

Biliousness is not, of itself, a disease, but merely a symptom of some kind of disturbance in the digestive tract, and an irritation of the great nerve (pneumo-gastric, meaning lung-stomach) which controls the lungs and stomach. We say we are "bilious" when an outraged stomach has rejected its contents, and has "worked backwards" so strongly that some of the bile which the liver had poured into the intestine has also been thrown up, causing the bitter taste in the mouth after vomiting.

"Biliousness is a sign of an over-worked liver," says Dr. Woods Hutchinson in his splendid work on "Preventable Diseases." "If it (the liver) wasn't working at all, we shouldn't be bilious; we should be dead, or in a state of collapse."

The work of the liver is to filter the blood, and take out of it certain poisons. Espe-

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**Bilious-  
ness**

cially does the liver keep watch over blood returning from the intestines, straining the food products absorbed from the stomach and intestine, and taking out the poisonous or injurious elements. And in the course of this it also turns out bile, which aids in digestion in the small intestine.

When the liver is over-worked, by reason of our taking too much food-poisons such as alcoholic drinks, or diseased meat or fish, or decaying vegetables into the stomach, it is likely to let some of these poisons get through into the general system. Then there is a revolt. The head aches, the back aches, the blood tries to burn up the poisons and develops fever, the great lung-stomach nerve gets excited and starts a vomiting spell—and we are bilious.

The "New-Life" vibrator will be found of incalculable benefit in cases where the liver needs stimulating and strengthening.

"For torpor of the liver," says Dr. Walhian, "nothing can take the place of rightly-applied vibration over the entire hepatic (liver) and abdomen regions."



## *Health and How to Get It*

Using the flat applicator, or even the ball if there be no tenderness, treat the liver, just under the edge of the ribs on the right side. Then treat the whole of the abdomen, using light, circular strokes and passing from the right side of the body to the left. With the ball applicator treat the back, on each side of the spine, from the shoulder blades to the small of the back, with the percussion stroke.

**Bilious-  
ness**

## **BLADDER TROUBLE**

The bladder is the seat of many painful and troublesome disorders, some of which are diseases of the bladder itself, and some merely the effects of more or less serious faults of other organs. Almost every one of them can be relieved if not permanently cured by the faithful use of the "New-Life" vibrator.

One of the most common and yet most troublesome afflictions is a nervous affection of the bladder which causes it to demand to be emptied every hour or so even through the night. The most amazing results have followed the use of the vibrator in such cases. One woman who had not slept an entire night in years, was so relieved by a single treatment that she slept all night without being once disturbed by the demand of the bladder.

In such cases, use the flat applicator, or

### *Health and How to Get It*

#### **Bladder Trouble**

any of the softer ones if desired, and give treatment directly over the bladder and the urethra until all feeling of nervousness has been relieved. Then with the ball applicator treat the small of the back on either side of the spine, stimulating the nerves which control the kidneys and bladder.

Passing urine in the night, not unusual among children, can be treated with excellent results in the same way. The affection is largely nervous, and anything that stimulates and gives tone to the nerve will relieve the trouble.

In man there is often an itching, burning, smarting sensation at the neck of the bladder, causing a constant desire to urinate. This is due to a catarrhal condition, usually aggravated by some acid form of food or drink. It is relieved by vibration of the bladder, then vibration with the sponge applicator over the prostate gland, ending with treatment with the ball applicator of the small of the back.

## BLOOD, THIN—ANEMIA

Thin blood is variously known as anemia, poverty of the blood, and by other names, all meaning the same thing—that the blood does not carry enough nutrition to keep the body in good repair. The result is that the sufferer becomes thin, pale, listless, lacking in strength and energy, with poor appetite and an inclination to “catch” every disease to which he is exposed. A person of any age and of either sex may suffer from impoverished blood, but its victims are usually children, more often girls than boys, and among those who get little exercise in the open air and especially if they be dwellers in flats or tenements and have not the best quality of food for a growing child. The thin-blooded person has weak, flabby muscles, suffers from frequent headaches, tires easily, and is likely to be nervous, and often develops palpitation of the heart.

## *Health and How to Get It*

For this disease the doctors formerly prescribed tonics, especially some form of iron, in the hope of "building up the blood" and especially of stimulating the appetite.

**Blood,  
Thin—  
Anemia**

The "New-Life" vibrator has been found especially adapted for just such cases. Shallow breathing and lack of exercise are among the causes of the disease; then general treatment over the whole surface of the skin, with light pressure and a rubbing motion toward the heart, will quicken the flow of blood. Heavier pressure on the muscles will stimulate them and call for a greater blood supply, and so take the place of exercise which the patient may be too weak to take. The heart will quickly respond to the call for fresh blood, and will build up and strengthen the parts thus exercised. Either the flat or the brush applicator is suitable for this.

Especially should the ball applicator be used along each side of the spine to stimulate the nerves branching out from the spinal cord and supplying the chest and abdomen. Give moderate pressure three times in each

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**Blood,  
Thin—  
Anemia**

place, lasting about three seconds, on each side of every bone of the spine.

These treatments twice a day, with special attention given to the bowels if constipation is present, as it usually is, will produce a marked change in a few days.

## BONES, BROKEN—FRACTURES

Setting of broken bone and binding it in place with splints or a plaster cast is, of course, the work of a surgeon. Only the most skilled hands should be trusted with such work. But when the bone has been set and fastened in position, and Nature has taken up the work of uniting the broken ends—"knitting" them together as we usually call it—then comes the "New-Life" vibrator into one of its most useful fields.

Use either the soft sponge or the brush applicator, and begin the treatment at some distance from the injury, and with the lightest touch possible. Stroke the skin softly away from the wound. Gradually, as the tender flesh becomes more used to it, approach nearer to the wound, always stroking away from it, and using care not to press too heavily. Twice a day should be often enough for treatments.

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**Bones,  
Broken—  
Fractures**

After a few days the vibrator can be used quite near the wound without pain, and its use will greatly diminish the swelling. In



A simple fracture of the shin bone. The surgeon must put the ends of the bone together and bind them until they grow there

time, as the bone unites, the vibrator can be passed over the injured place. Always give great attention to the joints nearest the in-



## *Health and How to Get It*

jury for they are likely to grow stiff and weak from disuse. They should be vibrated vigorously every time a treatment is given.

**Bones,  
Broken—  
Fractures**

This has come, of late years, to be recognized by the best surgeons as one of the necessities in healing a broken bone. Some surgeons even advocate taking off the splints and giving vibration or massage from the very beginning, but this is not yet generally done. But here is what Dr. Grafstorm says:

“In the after-treatment of fractures, after union has occurred, mechano-therapy should always be employed. It will prevent atrophy (wasting) of the muscles, stiffness, false ankylosis (stiffening of the joints) and deformity of the nearest joints. It will lessen the time of convalescence (getting well).”

## **BREAST, CAKED OR HARDENED**

Inflammation and hardening of the breast often follows confinement, especially at the birth of the first child. The cause is the rush of blood and lymph to the milk glands in their rapid development, and the failure to relieve them of the milk.

"Caked breasts are promptly relieved by massage," writes Dr. Grafstrom. "Even in cases of mastitis, where pus has already been formed, it can be evacuated by skillful massage."

In all ordinary cases of caked breast quick relief can be had by using the vibrator.

In case of pus formation, which happens when the trouble has been too long neglected, the "New-Life" vibrator should not be used except under direction of the doctor.

Use the soft sponge applicator and, beginning with the lymphatic glands or "kernels" under the arms and as far back as the

### *Health and How to Get It*

shoulder blades, stroke them gently, always away from the breasts. Gradually approach the breasts, never using heavy pressure, and always stroking away from them, to relieve them of the pressure of blood and lymph which is crowding them and causing all the trouble.

**Breast,  
Caked or  
Hardened**

Most doctors do not advise the use of the vibrator directly on the breast, though this is sometimes done. Some even advise stroking the breast gently in the direction of the nipple, but others condemn this method. Since the purpose is to relieve the congestion, users of "New-Life" are advised to stroke always from the nipple.

Do not use the vibrator without advice of the doctor if there is rising fever, dull pain in the breast, with red skin and swelling of the "kernels" in the arm pits. This indicates the probable formation of pus.

## BRIGHT'S DISEASE

Bright's disease of the kidneys consists in a breaking down of the structure of the kidney itself, until it is so far destroyed that it is unable to take uric acid and other poisons out of the blood. It is considered incurable after a certain stage is reached, but the progress of the breaking down may be stopped and the sufferer live in a fair state of health to a good old age.

The immediate cause of Bright's disease is overwork of the kidneys, caused by cold and damp on the skin, which, no longer able to excrete the poisons of the blood, throws all the work on the kidneys. Inflammation results, the work is slighted, the kidneys, allow albumen to escape from the blood into the urine, and in time the substance of the kidneys themselves begins to break down. The presence of albumen in the urine is one of the first proofs of its existence.

## *Health and How to Get It*

**Bright's  
Disease.**

The "New-Life" vibrator is of great value as an aid to the kidneys in doing their work. It will not only help strengthen the kidneys themselves, but will be of even more importance in stimulating the skin and the liver in their work, and taking just that much exertion off the kidneys.

Dr. Kellogg advises the stimulation of the liver, and "especially by vibratory movements and percussion applied over the organ," because the more work the liver does, the more is taken off the kidneys. "Massage," he says, "by promoting these important activities in the liver, not only aids elimination through both liver and kidneys, but contributes to purity of blood by the destruction of poisons."

The kidneys are located in the small of the back, about on a level with the navel, one on each side of the backbone and three or four inches from it. They can be treated directly by using the ball applicator with heavy pressure. The nerves controlling their activities branch from the spinal cord,

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**Bright's  
Disease**

and can be stimulated by using the ball applicator close to the spine.

Vibration can be applied directly to the liver with either the ball or the flat applicator. It lies at the front of the abdomen, on the right side, just at the lower edge of the ribs.

Stimulation of the skin all over the body, using the brush applicator and a brisk stroke, will greatly aid in taking extra work off the kidneys—and that, applied in the beginning, would have prevented all the trouble. For the disease was brought on by over-work when the skin went on strike, so to speak, and the kidneys were probably under-nourished.

## BRONCHITIS

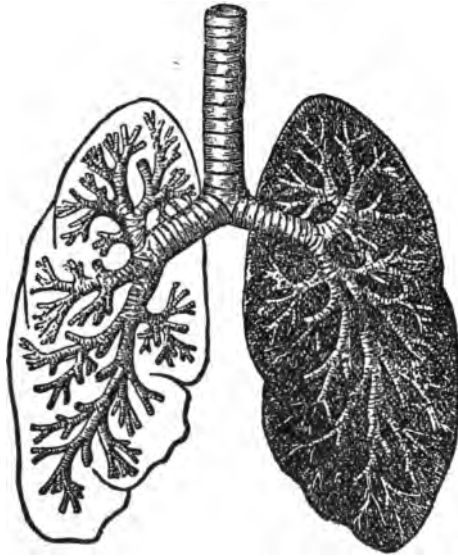
Bronchitis is an inflammation of the bronchial tubes, the two short branches of the windpipe which lead, one to the right and one to the left lung. They are very short, one about an inch and a half and the other a little longer, from the windpipe to the point where they join the lungs and split up into still smaller branches. From this it will be seen that any extensive inflammation of these tubes will naturally affect the windpipe or the lungs. As a matter of fact it usually involves both so that the whole process of breathing is involved in bronchitis.

Soreness in the top of the chest, coughing, raising of mucus, and sometimes fever and headache are symptoms of this disease. If not relieved it may cause a permanent thickening of the walls of the tubes and become chronic, or it may grow more acute and

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**Bronchitis** spread to the lungs, causing bronchial pneumonia.

The treatment consists in using the "New-Life" vibrator, with brush applica-



The two short tubes, one leading from each lung to the windpipe in the middle, are the bronchial tubes

tor, on the neck and throat, using moderate pressure and stroking downward. Use the ball applicator to stimulate the nerves of the



## *Health and How to Get It*

throat and chest, on each side of the backbone from the prominent vertebra at the base of the neck, down to the point of the shoulder blades. If sore spots are found along the spine, give them extra treatment with deep pressure until the pain disappears. **Bronchitis**

## BRUISE

A bruise is the rupture of the small vessels of any of the muscular tissue, causing the escape of blood from the broken vessels into the tissues around it. The cause of a bruise is usually a blow with some hard substance, though in case of a sprain the same result is attained by merely rending or tearing the muscles by sudden and severe strain.

When the blood flows from the ruptured vessels and fills the spaces in the surrounding tissue there will be swelling, and with pressure on the nerves of the part comes pain. In time, as the blood settles in the injured part, its color changes to purplish. If not too severe, the blood is absorbed and carried away in time, the ruptured vessels heal, and there are no ill effects. But if too much blood escapes and it cannot be absorbed and carried away, or if the skin be broken and germs get into the wound, there

## *Health and How to Get It*

will be a formation of pus or "matter" and the result is an abscess or running sore.

### **Bruise**

Pressing and kneading and massaging a small bruise as soon as it is inflicted will assist in absorbing and carrying away the blood before it settles about the spot, and will prevent swelling and discoloring. This can best be done with the "New-Life" vibrator, using the soft sponge applicator and stroking in all directions from the wound. The swelling and discoloration of even a severe bruise can be averted if this treatment can be given at once.

If the blood has had time to settle and the swelling to grow severe before treatment, the proceeding must be more gentle. Stroke in all directions from the wound, coming as near to it as the pain will admit, and giving all the region a thorough massage, moving the applicator in circles of a few inches in diameter. The object is to encourage the flow of blood to the highest degree possible, since it is only by free circulation that the blood which has escaped into the tissues can be absorbed and carried away. Care must

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**Bruise**

be taken to stroke always away from the bruise, and not cause an increased flow of blood to it, or the result will be more swelling and greater pain.

Twice a day, as fast as the pain and swelling go down, work closer and closer to the heart of the injured place, until finally you can work right over it with the applicator and hasten the removal of the last traces of the injury.

## CATARRH

The word catarrh covers a multitude of forms of one disease, but they all have this in common—they are inflammations of mucous membrane, the moist skin that lines all organs that open outside the body, as the nostrils, the mouth, the air passages to the lungs, the gullet, stomach and intestines, the urinary passages and the like. So there may be catarrh of the stomach, the bladder, or any organ which communicates with the air. But in its ordinary use when we speak of catarrh we mean especially chronic inflammation of the nasal air passages.

Nowhere can the "New-Life" vibrator be used to better advantage than in the treatment of catarrh. Not only can the general tone of the body be improved—for it is nearly always impaired or there would be no catarrh—but the disease itself can be directly treated with the best results.

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### **Catarrh**

Writing before the days of the "New-Life" machine, when hand treatment was the best the world knew, Dr. F. E. Bilz, founder of the famous sanitarium at Dresden, Germany said: Moderate stroking from the nasal bone upwards over the forehead as well as stroking the forehead and temples with both hands at the same time to the right and left downwards, passing thence to massage of the throat is advantageous both in acute and chronic cold in the head.

That is as true now as the day it was written, only it can be done much more quickly, thoroughly and agreeably, and with many times the good effect, by using the "New-Life" vibrator with the sponge applicator than it ever could be done with the hands.

Catarrh usually begins as a simple cold. There is congestion, pain, increased secretion by the irritated membrane which later may take the form of thick, yellowish phlegm. If allowed to run on, and especially if more cold is taken at intervals, the mucous membrane becomes permanently

## *Health and How to Get It*

### **Catarrh**

thickened and there is a constant discharge of mucus, sometimes of a very offensive character.

The blood is poisoned by the constant draining of waste material into it, the nerves protest, and there is often severe headache, especially in the front part of the head, between or just above the eyes.

"Acute and chronic nasal catarrh is improved under careful applications of massage to the face and neck," says Dr. Kellogg.

The treatment of nasal catarrh consists in thorough vibration of the bones of the nose, forehead and temples, using the sponge applicator and giving as much pressure as can comfortably be borne.

Then, with either the flat or the brush applicator, treat the neck thoroughly all around, stroking downward. With the brush applicator treat the forehead stroking from between the eyes upward into the hair, and from the outer corner of the eyes back over the temple.

It will be found that these treatments not

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**Catarrh** only assist in the healing of the inflamed membrane itself, but stimulate the blood and lymph vessels to drain the affected part, and urge the nerves supplying the nose and throat to send more nutrition for their up-building. The headache is usually relieved in a moment, and a general improvement can be noticed almost from the beginning.



## **CHILLS—FEVER AND AGUE— MALARIA**

A chill is a nervous spasm which takes the form of violent quivering contractions of the muscles all over the body, with sensation of cold, though in fact the body may have a higher temperature than normal. After shivering for fifteen or twenty minutes, or sometimes for an hour, the chill passes away and is usually succeeded by a period of high fever.

Any great shock may bring on a chill, but malaria is at the bottom of all the regularly recurring chills which are so common in summer and autumn in damp, swampy or ill-drained places. Malaria was for many years thought to be due to a poison in the air arising from swamps. It is now positively known to be caused by a tiny animal germ carried by a certain kind of mosquito. Man can get the disease only by being bit-

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**Chills—  
Fever and  
Ague—  
Malaria**

ten by such a mosquito which has already bitten some person who has the disease. That explains why it is always prevalent in swampy lands, for that is where the mosquito breeds. Malaria is being driven rapidly from the country since the discovery of its cause, by the draining of swamps, the screening of cisterns, and the killing of mosquito larvae by the use of crude oil on ponds.

Medical science has a sure specific for malaria in quinine, which any good doctor can use to kill the germs and stop the chills. But malaria always leaves the body weakened, emaciated, run down, more or less a wreck. The liver is always over-worked and impaired trying to drain out the malarial poisons. The stomach is nearly always affected. The blood is thin and poor, and nutrition of the whole body is impaired.

Here is where some of the best work of the "New-Life" vibrator is done. Nothing can equal it for stimulating the liver and aiding it in getting rid of the remnants of the poison. Nothing can so promote the diges-

## *Health and How to Get It*

tion and nutrition, coax the blood vessels to carry more good red blood to the starving tissues, steady the nerves in their control of the vital organs, and build up the whole body to a state of health and strength.

The debility which always follows an attack of chills and fever is best removed by a course of general treatments. With the ball applicator treat the whole course of the spine, on each side of the backbone. With the flat applicator, or with the brush if the skin and muscles be very tender, treat the whole surface of the body, stroking in the direction of the heart.

If there is special weakness of any organ, as of the liver, or the stomach, give that organ a special treatment with the flat applicator.

**Chills—  
Fever and  
Ague—  
Malaria**

## **COLD HANDS AND FEET—LOCAL ASPHYXIA—RAYNAUD'S DISEASE**

Poor circulation is the immediate cause of this affliction. In mild forms it is, of itself, merely annoying; but in more severe cases it becomes alarming and even dangerous, in extreme instances proceeding to gangrene and the loss of hands and feet. The cause is the partial or complete stoppage of the blood in the capillaries and veins of the extremities, where the influence of the heart is least felt. Since poor circulation is the immediate cause, it follows that the "New-Life" vibrator is the quickest and surest means of relief. Writing of massage in such cases, here is what Dr. Kellogg says:

"In Raynaud's disease, or local asphyxia, massage affords a measure of treatment of great importance. There is in fact, no single means which can be relied upon as of

## *Health and How to Get It*

greater value than local massage systematically employed in the management of this very remarkable malady."

Cold Hands  
and Feet—  
Local  
Asphyxia  
—Raynaud's  
Disease

The treatment is very simple and direct. Use the flat applicator. Beginning at the part nearest the body, stroke briskly toward the heart, applying moderate pressure. The object is to hasten the return of the blood to the heart, at the same time relaxing and enlarging the veins and capillaries that they may allow the blood to flow unimpeded.

Gradually work farther out toward the extremity, all the time stroking in the direction of the heart. It is best to have the patient lie down, as this brings hands and feet on a level with the heart, and diminishes the resistance in the return flow of the blood.

When the circulation has in a measure been restored to its normal condition, and the cold and swelling are leaving, give a spinal treatment. Use the ball applicator, holding it perpendicular to the body, and give special attention to the region between the shoulder blades, and to the small of the back.

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**Cold Hands and Feet—  
Local Asphyxia  
—Raynaud's Disease** Unless there is some serious disease involving the heart and other blood vessels, relief will be speedy when "New-Life" is intelligently used, and if another attack should come it will be neither so severe nor so difficult to stop. And if mild treatments are given every day whether or not there is an attack, they will soon cease altogether.

"Judiciously applied vibratory stimulation is worth more in this disease than all the drugs in the pharmacopeia," says Dr. Wallian. And his statement has been abundantly proved by the success of "New-Life" wherever it has been used for cold hands and feet.

## **COLDS**

A cold is a more or less severe acute catarrh of the mucous membrane lining the air passages of the nose, throat, windpipe, bronchial tubes or lungs. It was once thought to be due entirely to a sudden lowering of the temperature of the body—hence the common name, “cold.” It is now known that its real cause is any one of a number of different germs which are “caught” from some person already afflicted, and which set up irritation, congestion and fever in the air passages.

Influenza, grip, and other diseases are merely different degrees of the same disease, caused by various germs. The first attack may be followed by affection in any part of the body, as the lungs, stomach, bowels, or nerves—wherever is the weakest spot. Usually there is more or less fever after the chill which often ushers in the attack, but in mild

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**Colds**

cases this runs its course in a few days, and unless some organ of the body is very weak,



Curing sore throat with "New-Life"

and the disease "settles" there, it is soon past.



## *Health and How to Get It*

### **Colds**

Physicians now agree that most people have in their systems all the time the germs of influenza, grip and the like, but that they are not virulent unless the body be suddenly weakened by great exposure, lowering of temperature, or other process which lowers the vitality.

Colds can be treated with great success with the "New-Life" vibrator. The first thing is to relieve the spot attacked by the germs, whether throat, nose, windpipe or elsewhere. With the sponge or the brush applicator vibrate the seat of the attack thoroughly, stroking toward the heart. Treat the back of the neck with the ball applicator. A general treatment over the surface of the body with the flat or the brush applicator will assist the circulation, and especially cold hands and feet can be relieved.

## COLIC

Colic is a spasmodic cramping or convulsion of the intestines, especially of the large intestine, causing violent pain. It is caused, usually by fermentation of food in the intestine, and is often followed by diarrhea when the intestines violently expel the offending substance. Flatulence, or the formation of gas in the intestine, frequently accompanies the attack, and the pressure of this gas as it expands and pushes the bowels out, adds to the pain.

The "New-Life" vibrator gives speedy relief in colic. Using the flat applicator, and heavy pressure, treat the large intestine over its entire length, beginning at the right groin, up to a level with the navel or a trifle higher, across to the left side, and down to the left groin.

With lighter pressure treat the whole of

## *Health and How to Get It*

the abdomen, moving in small circles from left to right.

**Colic**

Treat the back from the shoulder blades to the small of the back, using the ball applicator along each side of the spine.

Children are especially subject to colic, and the treatment with "New-Life" will give them relief, and leave no bad after-effects such as follow opiates.

Colic is sometimes the result of the absorption of poison, as lead or copper, but the methods of relief are the same.

## CONGESTION

Congestion means any unusual rush of blood to any part of the body. It is usually caused by local irritation, as a wound, a boil, a cold in any part of the mucous lining of the body, or local poisoning of any kind. Sometimes it is due merely to defects in the circulation, which make the blood filter more slowly through the capillaries and so cause pressure there. Congestion is usually accompanied by heat—fever—and pain.

One of the widest fields of usefulness of the "New-Life" vibrator is in relieving congestion. Not only can it be used to draw off the extra supply of blood accumulated in any part, but it can benumb and slow down the action of the nerve supplying that part with blood, and so cause a lesser supply to be sent there.

"Deep interrupted vibration is applicable to oedema '(gathering of water), swelling,

## *Health and How to Get It*

pain and congestion," writes Dr. Arnold Snow, "and is especially useful in the treatment of joint affections. Always bear in mind that light pressure stimulates, and heavy pressure exhausts. \* \* \* \* \*

It is particularly indicated for application at the 'motor points,' and at painful sites for the purpose of benumbing the nerves and lessening the blood supply."

Congestion

With this in mind, then, congestion in any part of the body can be relieved. First, using the ball applicator, treat the back along each side of the spinal column, using great pressure and holding the applicator sideways against the nerve roots several seconds at a time, giving six or eight applications to each.

When the nerves supplying the congested area have been thus treated, give attention to the affected part itself. Beginning at some distance from the congested place, stroke away from it, using the cup, the brush or the flat applicator as is most agreeable, and light to moderate pressure. The object now is to stimulate the blood vessels to carry

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**Congestion** away from the congested part the excess of blood that is causing heat and pain.

Especially stimulate the lymphatics or "kernels" in the hollow spaces about the nearest joints—the arm pits, the groin, the hollow of the elbow or the hollow behind the knee. This is a great aid in absorbing and carrying away deposits around any disturbed spot.

For congestion of the head, vibration of the blood vessels of the neck gives splendid results. Stroke from the back of the head downward, using moderate pressure, treating especially the sides and front part of the neck.

For congestion of the lungs, besides treating the nerve roots between the shoulder blades with the ball applicator, use the flat or the brush applicator on the arms and legs, stroking toward the heart. "Of this form of treatment Dr. Snow says, "If the vibratode (applicator) be applied upward on the legs, both pulmonary (lung) and portal (liver) congestion may be relieved; and if

### *Health and How to Get It*

upward on the arms, pulmonary congestion **Congestion** is also favorably influenced."

Intelligently used, the "New-Life" vibrator will be found the best agency in the world for relieving congestion, and the fever and pain that nearly always accompany it.

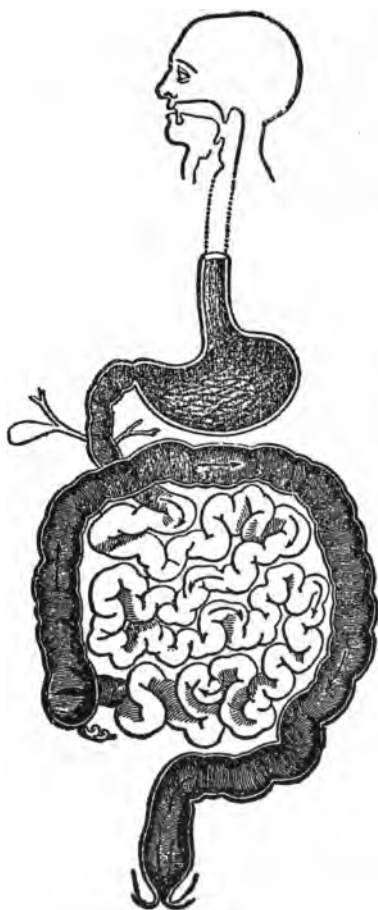
## CONSTIPATION

Constipation has well been called the "Mother of Diseases" because of the number of ills that so often follow in the train of this disorder. Perhaps more troubles of the human body can be traced to constipation than to any one disease.

Constipation is simply the failure of bowels to cast out from the body the waste and refuse that are left in the large intestine after the nutritive parts of the food have been assimilated.

Simple neglect is one of the chief causes of constipation, and when once it has begun it is likely to become chronic. The bowels are slaves to habit, and irregularity quickly starts trouble. Constant sitting and lack of exercise, heavy and stimulating food, insufficient fluid taken with the food, and defective secretion of bile by the liver, are among the causes.





**The large  
intestine  
which  
must be  
treated in  
case of  
constipation**

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**Constipation** The effects of constipation include piles, nervousness amounting in women to hysteria and in men to imaginary diseases, headaches, and a long train of diseases caused by the retention in the blood of poisons which should have been cast out of the body. Constipation is a complicating factor in very many diseases of which it was neither the direct cause nor the immediate effect, but it always adds to the burdens of the sufferer.

With "New-Life" the most chronic case of constipation can be relieved. With the ball applicator, or with the flat or even the cup, if the abdomen be tender, treat the whole of the abdomen. Begin at the lower right hand part, treating the course of the large intestine up above the navel, across to the left side, and down again. Follow this course several times, moving the applicator in small circles from left to right.

Then with the flat applicator go over all the abdomen, paying special attention to the liver, just under the ribs at the right side.

### *Health and How to Get It*

With the ball applicator treat from the Constipation small of the back to the end of the spine.

This treatment for fifteen minutes, two or three times a day, will soon relieve the most stubborn case of constipation.

## CONSUMPTION—TUBERCULOSIS

Consumption, in the ordinary meaning of the term, is a wasting disease of the lungs, caused by a germ which sets up an infection, breaking down the substance of the lung and causing its discharge by coughing. The disease usually attacks those who are already weak and feeble from some other form of disease, and especially those who are ill-nourished, and have weak chests.

In its advanced stages the disease is quite incurable, though by careful attention to diet and by seeking a dry climate, life is often prolonged for many years even when there is no hope of a final cure.

But in its early stages consumption can be cured. Since the disease hinges largely on lack of nutrition, "New-Life" is a valuable aid to anyone trying to throw off this disease, for it will aid digestion and stimulate nutrition as will no other agency.

## *Health and How to Get It*

Vibrate the chest very lightly, using whatever applicator the patient may wish. The spine may be vibrated with the ball applicator if hard pressure is not used. The arms and legs, hands and feet, should be treated vigorously, using the flat applicator, or the brush if that be too harsh. Treatment of the stomach will stimulate digestion and aid the body to get building materials.

**Consump-  
tion—  
Tuber-  
culosis**

Treatments should always be given in the morning, for the patient's fever usually comes on in the afternoon, and vibration would tend to increase the temperature.

"In phthisis (consumption) the writer has seen excellent results from the use of massage," writes Dr. Kellogg. He too, warns against giving treatment when there is any fever. "The best time of day for applying massage," he says, "in cases of pulmonary (lung) disease, is soon after breakfast, or before the daily temperature rise begins. Massage of the chest is especially useful."

Treatment of the chest in the advanced stages of the disease must not be given except by direction of a doctor, for too great

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**Consump-  
tion—  
Tuber-  
culosis** stimulation of the circulation might have a  
bad effect.

Treatment in all cases should be adapted to help Nature overcome the especial difficulties in the particular case, whether of circulation, nutrition, nervousness or excretion. "New-Life" will be found a most valuable aid.

## COUGHS

A cough cannot correctly be called a disease in itself—it is merely one symptom of disease. It is an effort of the lungs or their air passages to expel some foreign substance, or to stop some irritation, exactly as we cough to expel the water when we have strangled by getting water in the windpipe.

It follows, then, that in treating a cough attention should be directed more to the affection which causes the cough than to the cough itself, though it is often desirable to stop the cough as well.

In consumption of the lungs, coughing is caused by the irritation of the lungs by the tubercle bacilli, which are tearing down the tissue of the lungs and casting it out in the form of mucus. The lungs seek to expel this mucus and relieve the irritation, by coughing.

In asthma, bronchitis, catarrh, or any of

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**Coughs**

the forms of throat disease, the cough is an effort of the lungs to expel mucus or clear away irritation of the air passages by blowing out whatever troubles them. When the surface of the air passages is swollen and congested, it itches and tickles all the time, with the result that there is a constant cough.

It is clear that to relieve the cough, "New-Life" must be used to remove the irritation. This it is well fitted to do. Treat the throat and bronchial region with the brush or the sponge applicator, and treat the back of the neck and the spine as far down as the tip of the shoulder blades with the ball applicator. A general treatment over the body once a day will help bring up the bodily tone and throw off the effects of the cold. Do not use the vibrator in advanced cases of consumption except under care of a good doctor, as the lungs may be too weakened to endure the stimulation.



## CRAMP

**Cramp** is an involuntary, spasmodic contraction of a muscle or set of muscles, with such violence that it gives pain. It is of nervous origin, and may be caused by any one of several agents. Usually it is occasioned by the sudden application of cold to a heated body, or by long-continued cold and damp.

The calf of the leg, or the muscles of the sole of the foot are oftenest affected, and after them the muscles of the abdomen. Swimming in water where cold springs send their jets of icy water against the body is often the cause of cramp and drowning among bathers. Wading in snow or cold water for a long time, or wearing wet clothing until the body is chilled will often cause cramp.

Stimulation of the contracted muscle, inducing free circulation of the blood, and checking the sympathetic nerves controlling

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**Cramp**

the part will relieve cramp. The "New-Life" vibrator is the best possible agent for that work.

Using the flat or the ball applicator, massage the cramping muscle vigorously with heavy pressure and quick movement, rubbing toward the heart.

With the ball applicator treat the small of the back.

With the flat applicator give light and quick treatment of the skin all over the body.

Certain muscles of the arms, hands and feet often have a kind of cramp caused by long hard work which uses one set of muscles. These are known as writer's cramp, dancer's cramp, button-maker's cramp, and the like. Their treatment is of the same nature as the ordinary kind. Treat the affected part vigorously, the surface of the body generally, and especially the sympathetic nerves leading to the affected part.

## DIABETES

Diabetes is a disease of obscure origin, characterized by great increase in the amount of urine excreted and by a still greater increase in the amount of sugar which goes to waste in the blood and is passed out with the urine. This waste of sugar through the urine is as unfailing a sign of diabetes as is albumen a sign of Bright's disease. As much as a pound of sugar daily—and in extreme cases even two pounds—is passed from the body by diabetic patients.

Scientists are not yet sure of the cause of diabetes. It is connected in some way with disease of a certain portion of the brain called the fourth ventricle, and it is also accompanied by a disease of the pancreas; but how much of either is cause and how much effect is not yet understood.

The symptoms of diabetes are intense thirst, to satisfy which the patient drinks

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### **Diabetes**

great quantities of water. The appetite is greatly increased by the demands of the tissues for more nourishment, but no matter how much food is taken, the body wastes away, the nutrition going to waste. The disease is usually well advanced before it is recognized, and was formerly thought entirely incurable. But even advanced cases may be delayed in their course, and the progress of mild forms of the disease arrested indefinitely. As one of these palliative, or helpful measures, "New-Life" is of the utmost value.

"This disease has been generally considered incurable," writes Dr. Wallian. "\* \* \* Mechano-vital vibration, developed to its utmost capacity, is at present one of the most promising measures."

Dr. Kellogg speaks very highly of massage in diabetes, and quotes Drs. Finkle and Zimmer to show how the passive exercise of muscles helps to use up the sugar in the circulation.

This is exactly what the "New-Life" vibrator does better than any other agency.

## *Health and How to Get It*

### **Diabetes**

Though the patient may be so weak that he cannot take exercise, his muscles need it beyond anything else. Especially is this the case if he has been a strong, vigorous man, and his muscles are large and well developed.

The treatment consists in rubbing, pressing the muscles with the "New-Life" vibrator, using whatever applicator is most pleasant. This artificial exercise will greatly increase the circulation to the muscles, and increase the use of nutrition in building them up.

The liver, pancreas and spleen, the one at the right of the stomach, one at the left and the other just below it, are also to be stimulated.

## **DROPSY—EDEMA—WATER IN THE FLESH**

Dropsy is the settling of the watery part of the blood—serum—in any part of the body. The immediate cause of dropsy is the inability of the heart to force the blood through the capillaries, and this inability may be due either to weakness of the heart or to a partial stopping up of the capillaries. In either case dropsy is caused by a disease farther back—is in fact a symptom, depending on other diseases. Usually it comes from Bright's disease of the kidneys; from diabetes, liver or intestinal disease; or from obesity—extreme fatness.

Though in a way a symptom rather than a disease itself, dropsy is often the immediate cause of death. For example, in a case of Bright's disease where the watery fluid settles around the heart, it quickly interferes with its action and, if not relieved, causes

## *Health and How to Get It*

### **Dropsy**

death. In like manner, if water settles about the lungs, or any of the very important organs, it can interfere with their work and bring death.

The usual cause of dropsy is kidney disease, for the kidneys are depended on to take most of the water from the blood, and if they fail it must settle somewhere in the body. Especially if the skin be inactive, and the patient perspire very little, the system is soon clogged with water.

When the water settles in the abdomen it is often removed by a process the surgeons call "tapping," in which an opening is made into the body and the accumulation drained away, sometimes amounting to several gallons. But this does not relieve the cause, and more water soon gathers.

Often, in milder cases, the water settles in the hands, feet, arms and legs. These parts become swollen and purplish in color. When the finger is pressed on the skin it sinks deep into the tissues, and when removed it leaves a hollow imprint which re-

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### **Dropsy**

mains for several seconds. Sometimes it is a minute or more before the mark disappears.

In all cases the "New-Life" vibrator is of the utmost service in treating dropsy. It not only stimulates the kidneys and skin to perform their work of taking the water from the system, but promotes the absorption and carrying away of the water which has already been allowed to settle.

Immediate relief in dropsy must of course, be directed to causing the absorption of the water already deposited in the tissues. Using the flat applicator, begin at the part of the affected member nearest the heart. For example, if it be a swollen leg, begin at the upper part of the thigh, stroking always toward the heart. Stimulate well the lymphatics, or "kernels," in the groin, the angle of the abdomen and the thigh. Then work slowly down the thigh, stroking always toward the heart.

At the knee, stimulate well the "kernals" in the hollow at the back of the joint, and work slowly on toward the foot, ending with lively treatment of the toes and sole of the



## *Health and How to Get It*

foot. The patient should lie down when the legs and feet are to be treated.

**Droopy**

Pursue the same course with the other leg, or the arms if they are affected.

Light treatment of the skin over the whole body will stimulate it to take up its neglected work of excreting water from the blood.

Direct treatment of the kidneys themselves should not be undertaken if there is acute inflammation—nephritis—unless a doctor advises it. But the spinal centers of the small of the back can be treated to advantage with the ball applicator.

## DIARRHEA—PURGING

Irritation of the mucous membrane lining the intestines, or of the sympathetic nerves that supply them, is the cause of food passing too quickly and only partly digested through the bowels. It is called variously diarrhea, summer complaint, cholera morbus, and purging.

By far the greatest number of cases come from eating improper food. Some kind of poison, the irritating juice of unripe fruit, spoiled vegetables or fruit, decaying fish or meat—any one of a score of things may cause it. If the poison be very rank the stomach rejects it entirely with a spell of vomiting. If the dose be mild it often gets past the stomach before it starts a disturbance. But when fermentation begins in the intestine, or the acids of a green apple, or the ptomaines of spoiled fish, or other such poison begins to irritate the tender lining of

## *Health and How to Get It*

the intestines, they begin to work fast to get rid of the irritation.

**Diarrhea**

Diarrhea, then, must be regarded as a safety valve in the first instance, and not in itself a disease unless the shock has been so violent that the intestines are unable to recover their poise, and continue to reject everything taken into the stomach. Dr. Hutchinson calls this "losing her head" and "becoming panic stricken" on the part of Nature. When the bowels have been thoroughly cleaned by the purging, if the diarrhea persists, and light articles of diet are thrown out undigested, then it is time for interference.

There is no better or more rational treatment in the world for diarrhea than the "New-Life" vibrator. It does not benumb the nerves as opiates do. It does not simply stop the diarrhea by astringents, and keep in the system the very poisons the bowels were trying to get rid of. It soothes the excited nerves, causes a natural flow of blood through the parts, stimulates the natural action of the bowels instead of the panicky

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**Diarrhea**      haste, promotes the flow of the digestive juices, and helps Nature to regain her lost balance.

Treatment is applied both to the stomach and bowels directly, and to the nerve centers of the spine controlling them.

Vibration should not be applied to the stomach immediately after a meal. Let at least two hours intervene, and see that the bladder is empty before beginning. With the flat applicator, or any other the patient may prefer, give a gentle treatment of the stomach and bowels, moving in small circles from left to right, and using only light pressure.

Then, with the ball applicator, give vigorous treatment to the nerve centers along each side of the spine from the points of the shoulder blades down.

## DEAFNESS

Deafness, either partial or entire, may be due to disease of the ear drum or its perforation by suppuration in the middle ear; to disease of the nerve or of the tiny bones in the ear; to inflammation of the tubes leading from the middle ear to the throat (eustachian tube), or the disease, or the stopping up in any way of the tube leading to the outer ear.

Deafness due to disease or injury of the auditory (ear) nerve is very serious. No disease progresses so far as to attack nerve tissue without having its effects on other tissues, and its cure requires long and careful work. Not only must the ravages of the disease be stopped, but the deteriorated portion of the nerve must be rebuilt.

If the ear drum has been destroyed, little or nothing can be done to make the ear of

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**Deafness** use again. If it is merely thickened, or diseased without being destroyed, it should yield readily to treatment.



**Deaf patient treating herself**

When deafness is due to inflammation of the eustachian tube, or the tube to the outer

## *Health and How to Get It*

ear, or congestion of the parts of the ear, or catarrhal condition, the "New-Life" vibrator offers a splendid chance for relief.

### **Deafness**

Ear troubles in children are often caused by adenoid growths in the back of the throat, which close up the tubes leading to the middle ear, and so cause a roaring in the head, and sometimes suppuration or the formation of pus, and earache. The adenoids can be removed only by a competent surgeon, but after their removal there is no better agency than the vibrator to bring back health and strength and remove inflammation from the ear.

In cases of defective nutrition, thickened ear drums, and other like causes of partial deafness, the "New-Life" vibrator has done some marvelous work. Permanent cure is always a matter of weeks, and often eight or ten treatments are required to show any noticeable improvement at all, but occasionally it has happened that a single treatment has restored hearing to ears that had been almost deaf for years. Especially is the ring-

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**Deafness**      ing and roaring noise in the ear relieved in a moment.

The treatment consists in vibrating not only the ear itself, but the bony structure around it, and through them indirectly the auditory nerve itself. Use the sponge applicator at first, and later the cup if desirable, to treat the bones. Give heavy pressure on the temporal bone all around the ear—behind, above and in front, vibrating it for ten or fifteen seconds, and letting it rest for as long.

For treating the ear itself the cup applicator is best. Place it directly over the ear, using light pressure and keeping it on for only a few seconds at first, and making the pressure stronger as the treatment goes on. This treatment frequently opens up a closed tube, or removes some pressure from the inner ear, and restores hearing in an instant.

Finally, treat the back of the neck with the ball applicator, using the percussion stroke, and vibrate the base of the skull as



## *Health and How to Get It*

vigorously as possible without inflicting pain or causing dizziness. **Deafness**

In stubborn cases these treatments should be kept up for weeks, giving them twice a day or oftener.

## DISEASES OF CHILDREN

Under this heading are usually classed all the maladies which attack children so universally that few persons attain majority without having undergone one or two of them. Among them are whooping cough, mumps, measles, scarlet fever, diphtheria, chicken-pox, and until recent years even smallpox was included. Every one is a germ disease, highly contagious, and most of them fully capable of causing death.

Measles alone kills more than 12,000 every year. Scarlet fever carries to the grave more than 6,000 yearly. Until the discovery of its anti-toxin diphtheria was proportionately the most deadly of all. And even whooping cough—"that joke of diseases"—slays almost ten thousand babies every year.

But dangerous as they are of themselves—and not one of them is really a joke—they are many times more deadly in their

## *Health and How to Get It*

after effects than in the number of little new graves they make. It is a lucky child indeed who runs the gauntlet of the "Diseases of Children" and escapes without a weakened heart, chronic bronchitis, a case of tuberculosis, a deaf ear, a weak eye, or some other defect that will hamper him through life, and perhaps shorten that life by many a year.

**Diseases of  
Children**

Many as they kill, these plagues of the innocents could be robbed of many of their terrors if care were taken of the child when it is recovering from the attack. That is the point of danger. Believing that the illness is past, the little one is allowed to leave the room too soon—and there is a complication. The light inflames the eyes and the child is blinded, or has weak eyes for life. The body is chilled, and there is bronchitis, pneumonia, or even consumption. Sometimes it is the kidneys that get the strain, and Bright's disease follows straight.

And right at the time when there is so much danger because parents and nurses do not realize the risk, the "New-Life" vibrator

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**Diseases of  
Children**

would not only obviate all risk by giving passive exercise while the child is in bed, but would stimulate and rebuild and strengthen the little body so that it could resist the weakening effects of the disease. No little one who has undergone an attack from any one of the scourges of childhood should be allowed to leave the house for weeks; but the doctor can say when it is proper to use vibration to bring back the body to its normal strength. It is better than barrels of medicine at such a time.

No definite rule can be laid down for the treatments; they must depend on the knowledge of the doctor and the common sense of the parents or nurse. The object of course is the correction of whatever weakness the disease may have developed, and the general strengthening of the body. Sometimes there will be partial paralysis; sometimes a weakness of one part of the body, sometimes of another. There may be no especial organ that is affected, but the little one is sure to be weaker and thinner after the attack.

## *Health and How to Get It*

Stimulation of the spine in all cases and mild friction with a soft applicator over the surface of the whole body, will be strengthening and agreeable. Special attention to the nerves and muscles of any paralyzed or weakened part, and to the lymphatics of the neck and armpits is always good.

**Diseases of  
Children**

If the "New-Life" vibrator be used from the moment the doctor says it is advisable, until the time when it is safe for the child to go back to school or to play outdoors, the crop of "after effects" of the diseases of childhood, which are now more serious than the direct death roll, will be cut down wonderfully.

## DISLOCATION—JOINT DISPLACED

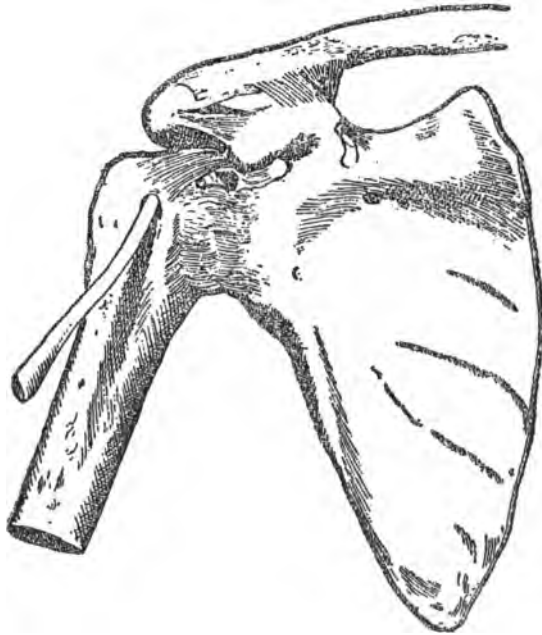
Dislocation of a joint is the violent displacing of a bone from its hinge, or joining point, where it unites with another bone, as the elbow, wrist, or knee. When one bone is wrenched violently from another some ligaments are sure to be stretched, some perhaps torn, the flesh about the joint bruised and perhaps some blood-vessels of considerable size ruptured. This brings on an immediate congestion of blood, swelling, pressure on the nerves, and great pain. As the blood leaks out into the tissues from bursted vessels the joint becomes puffy and dark colored.

Sometimes the ligaments pull a bone back into place at once; always it is best to have a good surgeon examine it to see whether it is in position, and to replace it if it be required. Often a joint has been permanently

### *Health and How to Get It*

crippled by trying to heal the injury while **Dislocation** the bones were still unjoined.

But when the bones have been put back into place, the "New-Life" vibrator is one of the best means known to science to help



**Bones and ligaments of the left shoulder. In case of dislocation these ligaments are stretched or torn, and the bones forced out of position.**

### *Hamilton-Beach Mfg. Co.*

**Dislocation** keep down the swelling, the fever and pain, and to hasten the repair of the damaged ligaments and blood vessels, and keep the bones and muscles in good condition until time to use them again.

Treatment with the "New-Life" vibrator may be begun with advantage immediately after the bones have been replaced, but the joint itself will be too painful to be touched. Begin with the brush applicator at some distance from the injured joint, stroking very lightly, and away from the injury. This will draw the blood from the injured part. Gradually work nearer and nearer to the joint, but at no time should the treatment give much pain. If the patient complains of pain the treatment must be kept farther from the place of injury.

When treatment has been brought as near the joint as possible from above, treat the region beyond the injury, always stroking away from it, and approach as near as possible for the pain.

Always make it a point to treat the joints nearest the injured one. If the wrist is dis-



### *Health and How to Get It*

located, treat the elbow and the space under the arm. If the ankle, treat the hollow space behind the knee. **Dislocation**

Always treat as vigorously as possible the muscles that move the joint. So long as the joint is sore and cannot bear motion, these muscles are idle and growing lax and flabby. The next best thing to actual exercise is treatment with the vibrator as all physicians agree. And if this is kept up, when the joint is able to bear motion again there will be none of the stiffness, pain, weakness, which so often keep a joint useless long after the torn ligaments and ruptured blood vessels have healed.

## **DIZZINESS---VERTIGO**

**Like headache, dizziness is really a symptom, and not in itself a disease, so that any cure, which will permanently stop it, must be directed at the real cause and not at the mere dizziness itself.**

**The two causes which are at the base of nearly all attacks of dizziness are extra pressure of blood on the brain, and some irritation of the nerves of the ear—the center which controls the faculty of keeping one's balance. When there is any disturbance of this center, we say the "head swims," and the body can no longer retain its balance. If the attack be severe enough there is a loss of consciousness which we call fainting.**

**Vertigo may be the warning of the approach of a dangerous disease. When there is a constant pressure of the blood on the brain beyond the normal, causing frequent spells**

## *Health and How to Get It*

of dizziness or fainting, it probably indicates a weakening and expanding of the capillaries in the brain, which the constant heavy hammering of the heart will some day burst, causing apoplexy and paralysis. Surgeons of a very early day recognized this, and their favorite method of relieving a patient was to cut a vein in his arm and allow him to bleed freely. This of course lowered the blood pressure, and gave temporary relief, but it also took away a good deal of needed vitality from the sufferer.

**Dizziness**

Blood pressure on the brain can be relieved by the same treatment given in case of apoplexy. Using the flat, the cup or the brush applicator, stroke from the head downward on the neck, treating sides, back and front alike. This will draw the blood from the head and relieve the pressure. Also, with the flat applicator, treat the arms and legs, hands and feet, with brisk motion, stroking from the heart. This will draw a still further supply of blood to other parts of the body, and relieve the head.

Sometimes dizziness comes as a result of a

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**Dizziness** lack of nutrition in the nerves of the ear, connected with the balancing faculty. This calls for general stimulation of the system, with special vibration of the region about the ears, especially the bones just behind the ear, and the nerves on each side of the spine in the back of the neck.

If there is reason to believe that dizziness comes from indigestion, as it sometimes does, vibration of the stomach and bowels, and the spine between the shoulder blades is called for.

In all these cases a general stimulative treatment of the body cannot but help to bring the body back to a healthy condition. Anything that makes for good digestion and free circulation of the blood, lessens the liability to weakness in any part of the body.

## EARACHE

Pain in the ear is caused by inflammation, usually coming from congestion in the tubes leading from the ear to the throat, or in the middle ear itself, and in most cases due to a cold.

One of the most common causes is an adenoid, or spongy growth in the roof of the throat, which swells and closes the tube leading from the throat to the ear. Then, if the tube is irritated and congestion sets in, no air can reach it and pus, if any forms, cannot escape into the throat but is forced to find its way through the ear. This often results in ruptured ear drums, and partial deafness for life.

The only way to be rid of adenoids, if any are in the throat, is for a good surgeon to cut them out. But congestion and pain in the ear may be relieved with the "New-Life"

With the cup applicator, giving heavy

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**Earache**      pressure, treat thoroughly the spine from the back of the head to the base of the neck.

Then, with a sponge applicator, or with the soft rubber cup, treat the ear itself, using slowest speed and light pressure.

With any of the soft applicators treat the bony parts behind, above and in front of the ear, and the side of the neck below the ear.

## EYE DISEASES

In all cases of diseases of the eye caused by lack of nutrition, or imperfect circulation, the "New-Life" vibrator is of great service. It will stimulate the nerves, promote the free circulation of the blood, massage and freshen the tissues, and help Nature to do the work she has been neglecting. Of course shortsightedness, or other irregularities in the formation of the eye, cannot be corrected; properly fitted glasses afford the only relief.

"Mechano-therapy has been used with considerable success in chronic conjunctivitis (inflammation of the inner lining of the eyelid), iritis (inflammation of the iris), trachoma (granulated lids), etc.," writes Dr. Graftstrom.

Using the soft sponge applicator, stroke the forehead from between the eyes upward and outward.

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**Eye  
Diseases**

Stroke the temples from the eyebrow back over the ears.

Stroke the eyelid very gently from the outer corner of the eye, inward toward the nose. The eyeball itself may be vibrated gently, if there is no increase in the pain, by simply holding the applicator lightly against the closed eye, using slow speed and very light pressure.

These treatments will relieve pain, quiet the nerves, cause the absorption and carrying away of any accretion of excess blood or lymph, and by inducing a free circulation of fresh blood, inspire Nature to remove the cause of the trouble.



## FADING BEAUTY

It is a sign of disease when crow's feet and wrinkles mar the face, when the cheeks sink in and the lines about nose and mouth draw downward, and the chin sags, and the bust is flabby and the neck and arms get scrawny. There may be no organic derangement of any one working part of the body, but there is a lack of nutrition, a slowing-up in the work of the organs which keep the body up to the standard of health, an accumulation of fatigue poisons or body-toxins—and that in itself is disease because it is not natural.

If the brow is wrinkled it is because care or worry or pain or other cause has so constantly puckered the tiny muscles of the brow that they have grown hardened in that position, while the other tissues have dwindled away and left the skin drawn into creases.

## *Hamilton-Beach Mfg. Co.*

### **Fading Beauty**

If there are crows' feet at the corners of the eyes it is because the emotions have through years been drawing those muscles crinkling up the skin and holding it so until the pose is becoming chronic. And the other tissues waste away and leave the fine lines radiating from the eyes.

If the cheeks are sinking in and the tendons of the neck show too plainly and the bust grows flabby, it is because they are not properly exercised and fed. The stomach may get enough food, but the nutritious parts of that food are not used in building up the face and neck and bust—there is the fault. The tiny blood vessels and lymphatics and nerves are growing listless, and neglecting their work. They did it well in youth, and there were red cheeks and rounded lines and plumpness in every part. But they have been neglected and are growing neglectful.

They can be stimulated to take up their work again. Not by filling the creases of the wrinkles with paste or the skin with oils, nor by painting on the color which good rich

## *Health and How to Get It*

**Leading  
Beauty**

blood has failed to give the cheeks, nor by overheating the bust with pads. These only impede the little work that Nature is willing to do in the neglected tissues.

The right way is to exercise and stimulate the failing parts, and coax Nature to take up the neglected work, and repair the damage. And in this there is no equal to the "New-Life" vibrator. It will force the blood through the tissues, thrill the jaded nerves into new life, stimulate the lymphatics, and encourage all the forces to do more and better work.

Three applicators are of use in this process—the sponge, the brush and the cup-shaped one. Some use the flat applicator on the arm muscles, but the cup is usually considered better.

In treating the forehead and the soft tissues about the face and neck the soft sponge applicator is very grateful and effective. Heavy pressure is not necessary, though it can do no harm. Smooth out the wrinkles of the forehead with gentle strokes from the bridge of the nose upward to the roots of the



**Keeping the face young by taking away crows' feet and making the cheeks plump with the "New-Life" machine**

## *Health and How to Get It*

**Fading  
Beauty**

hair, from the arch of the eyebrows upward and a little outward, and from the outer corners of the eye upward and backward over the ears.

Treat the eyes gently, holding the applicator against all the different parts and vibrating them thoroughly. When using a stroking movement, pass from the inner corner of the eye outward.

In smoothing out the line that often runs from the edge of the nose to the corner of the mouth, stroke outward and slightly upward.

In treating the chin and neck, stroke downward. The arms should be stroked in the direction of the venous flow—toward the heart.

The breasts should be stroked gently toward the nipple.

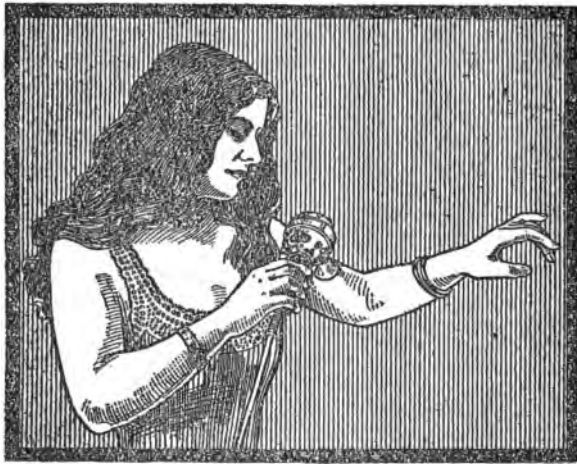
The scalp should have daily treatment. With the brush applicator stroke from the forehead back through the hair, pressing gently down on the scalp. The teeth of the applicator will not pull the hair, but will pass through it like a comb, and the rubber

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**Fading  
Beauty**

tips will massage the scalp as no other agency can do.

The cup applicator is used by many on the neck and arms, though the sponge is



Restoring plumpness to a bony arm. She is using "New-Life"  
with cup applicator

softer. The cup is preferred because, on being pressed against the soft parts, it creates a partial vacuum, and helps to pull up and make plumper the sunken parts.

## *Health and How to Get It*

**Fading  
Beauty**

The end to be attained in the use of any of the applicators is to massage the skin, small muscles and their blood vessels, lymphatics and nerves, and stimulate them to better work and a fuller supply of nourishment to the parts. With this in mind, any part of the body can be treated and improved at will. The aim should be to stimulate all of the nerves, blood vessels and lymphatics to rebuild the broken down and wasted cells, and instead of pale and flabby tissue, make it full and plump and rosy with the flush of life.

The wasting process has been going on through many years, so it would not be reasonable to expect a return to the fullness of youth in a few days; but the change is much more rapid than one might expect. It is wonderful to see the response that the little builders of the body make when "New-Life" is applied regularly and intelligently. Once at least, and where possible twice a day, the face, neck and arms should be treated. The scalp does not need it so often. Sometimes in a few days a difference can be seen in the color and plumpness of the

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**Fading  
Beauty**

cheeks and neck, and the smoothing out of the creases around the eyes.

It is the natural way, the reasonable way, to stimulate Nature into doing her work more thoroughly. And it is a method that leaves no ill after-effects, as so often is the case with drugs.



## FALLING HAIR

Falling hair, baldness, or alopecia as the scientists have named it, is caused by a parasite which infests the roots of the hair and saps the vitality until the hair getting no nourishment, dies and drops out. This is especially true of baldness that occurs in circular patches. In other cases the parasite is not always present, but from general lack of nutrition the hair becomes dry and brittle and falls out.

When the bulb from which the hair grew is killed, there is no power that will make hair grow again. But so long as there is life in the bulb, proper treatment will restore its vigor and strength, and the hair will be renewed.

The "New-Life" vibrator is one of the best known agents for stimulating new growth of hair, and for checking the falling out of hair that has begun to grow dry and

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**Falling  
Hair**

brittle. No shampoo can equal the sense of lightness and the glow of health that comes



Treating hair and scalp with "New-Life," to stop falling hair and remove dandruff. She uses the brush applicator

to the head when "New-Life" is used. And no hand massage in the world so thoroughly stirs up and stimulates the roots of the hair.

## *Health and How to Get It*

### **Falling Hair**

Use the brush applicator, and stroke from the forehead back through the hair. From the temples stroke back over the ears to the back of the neck. The soft rubber teeth of the applicator reach through the hair just as a comb does, and rub and massage and knead the scalp directly, instead of merely grinding the hair against the scalp as hand massage does. The use of "New-Life" does not prevent the use of oils or tonics if desired, though after a few days they will be found unnecessary. If there is a parasite killing the hair bulbs a doctor will prescribe a lotion that will soon rid the scalp of it, and nothing further is needed except "New-Life."

## FALLING WOMB—PROLAPSE

This trouble comes through a weakness or flabbiness of the ligaments which in a state of health hold the uterus in place. It may be brought about by over-exertion, by illness, or merely through a weak and debilitated condition of the entire body. There are many varieties, named according to the direction and extent of the displacement of the uterus, but one and all depend on the same underlying cause—lack of strength in the muscles and ligaments that are depended on to keep the uterus in its place.

The “New-Life” vibrator offers one of the safest and surest ways to correct this evil. Nothing else can so directly reach the pelvic organs and give them the massage and the stimulation they require. Before the day of the “New-Life,” hand massage was among the best means known. This has been largely superseded now by the more

## *Health and How to Get It*

modern, the quicker and the stronger way—  
“New-Life.”

**Falling  
Womb**

The patient should lie on her back with a small pillow under the hips, and the knees drawn up and separated. Using the brush applicator, treat all the pelvic region with moderate force, taking care not to inflict much pain. Too heavy pressure will sometimes cause the patient to flinch, and all the muscles should be fully relaxed.

The uterus itself may be treated with the special applicator made for the “New-Life” vibrator.

Next, with the patient lying face downward, treat the nerves on each side of the spine from the small of the back down, using the ball applicator.

These comprise the special treatments for the affected part; but general treatments all over the body. And especially the treatments for indigestion and for constipation if they are present—and one or both nearly always is—will greatly aid in the work of restoring tone to the system.

## FATIGUE—EXHAUSTION

Fatigue is that worn-out condition of the body, or of any particular organ of the body, when it has been overworked and all the nutrition at hand has been used up, and there is an accumulation of waste matter to be removed. It affects both the muscles and the nervous system.

The "New-Life" vibrator will relieve fatigue as no other agency will. Not only does it soothe the worn nerves, knead the tired muscles into repose and draw the blood from the congested parts, but it assists the body to absorb and remove the waste matter, and rebuild the worn parts. Here is what Dr. Wallian says of vibration for fatigue:

"The general fatigue that follows over-work and over-worry, especially when such work and worry are chiefly mental in character, can be very pleasantly relieved by gentle mechano-vital vibration. Use the



Relieving her tired nerves and muscles with "New-Life"  
before going to bed

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**Fatigue**

large disk applicator briefly, \* \* \* over the entire body and limbs. The patient will be inclined to remain motionless on the couch, and may beg to be permitted to go to sleep. The effort should be to make the applications sedative (sleep-producing) in character. The patient should be prone (lying face downward), and the outer clothing removed. If the tendency to sleep be indulged, a blanket should be thrown over the patient."

That is the testimony of a scientific and observing man, who has seen many an exhausted man and woman brought back from the verge of collapse in a few minutes. Here is what Dr. Kellogg says of massage in cases of fatigue:

"In cases of exhaustion from excessive mental, nervous or muscular work, general massage secures the most marked and satisfactory results, relieving the sense of fatigue in a most wonderful manner, and in cases of muscular exhaustion, restoring muscular power in a remarkably short space of time."

All the outer clothing should be taken off



## *Health and How to Get It*

### **Fatigue**

so that the treatment may be given as nearly on the bare skin as possible. Use whatever applicator is most agreeable, though if heavy muscles are to be treated the ball is best for them. For the softer parts use the brush applicator.

Begin with the face. Stroke the forehead and temples gently, always from the eyes back. Treat the neck and throat, stroking always downward. Except in special instances it is always best to stroke toward the heart.

Treat the arms, and especially the armpits. Stroke the back gently from the back of the head to the base of the spine in long slow movements. This is especially soothing in nervous cases. Treat the chest and abdomen, stroking from the middle line down and outward.

Beginning with the feet, and always stroking upward, go over feet, legs and thighs, slowly and without pressure. The soles of the feet often require lively rubbing if they are not too ticklish.

If possible, when the treatment is finished,

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**Fatigue** and he feels sleepy—as he almost always does—throw a blanket over the patient and let him sleep for an hour. The ideal time for a treatment of this kind is in the evening, when the sufferer is undressed and ready to go to bed. A good treatment will almost always insure a night's sound sleep and a fresh awakening in the morning.

## FEET, ACHING

Few trials are more distressing to man or woman than to have sore, tired, aching feet. The mind may be clear and active, and the body well and strong, but if for any reason the feet are uncomfortable everything else seems wrong, work is a hardship, and there is no pleasure even in recreation.

The cause may be ill-fitting shoes, or merely a tenderness of the feet which is aggravated by much standing and walking. Usually, also, there is more or less swelling of the foot and instep.

The "New-Life" vibrator will give relief as nothing else will, and in a few minutes. Remove the shoe, and if convenient the stocking also. Use whatever applicator is most grateful to the aching foot, and treat thoroughly and as vigorously as possible without giving pain.

Begin the treatment at the knee, stroking

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**Aching  
Feet**

upward. Vibrate well the hollow behind the knee joint, and, always stroking upward, progress slowly to the foot, giving strong pressure.

Treat every part of the foot—instep, sole, sides and toes, and long before the treatment is ended the ache will have disappeared. Bed-time is the best time of all for treating the feet, but if there is opportunity in the day, a few minutes' use of "New-Life" will make the remaining hours much more comfortable. The pain is taken away from the aching nerves, the muscles are massaged and kneaded until fresh blood is poured through them and they are rebuilt and refreshed, and the entire circulation of the leg and foot is stimulated as it could be done in no other way.

Treatment two or three times a day will soon result in the trouble disappearing entirely.

## GALLSTONES

This painful malady is due to the deposit, in the gall bladder, of small lumps of mineral matter, which sometimes obstruct the flow of bile from the liver to the intestine. When they pass through the bile duct, as they sometimes do, these angular bits of mineral cut and scratch the lining of the duct and cause most intense pain. When they are too large to pass, and merely clog the duct, the bile accumulates in the liver until it can hold no more, and is then absorbed and carried into the general circulation, causing jaundice.

In the days of hand massage it was often used to help pass gall stones from the liver. The "New-Life" vibrator is still more fully equipped for that purpose. The liver can be vibrated directly by using the ball applicator and pressing upward under the lowest rib on the right side. The treatment should

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**Gallstones** be made with strong pressure, and lasting for several seconds each time. Dr. Reich says that the treatment is sometimes kept up for half an hour.

The cause of the deposit of these stones in the gall bladder lies in some irregularity in the acids of the blood. General spinal treatment, and treatment of the abdomen if there be constipation, will also help the general system and tend to prevent the deposit of other stones.

## GOUT

Gout usually follows excessive eating of rich food and drinking of wine and other liquors containing alcohol. Stout persons are more liable to it than thin. The place usually affected is the joint of the great toe. It comes on with a piercing and violent pain, which causes the sufferer great agony, while he trembles and perspires with pain, and even develops fever sometimes. The joint begins to turn red and swell, and becomes extremely sensitive to the touch.

If the rich diet be cut down and care taken, the attack usually passes away inside of ten days, but is liable to come back with increased intensity if the cause is not removed.

The remedy lies in inducing the absorption and carrying away of the deposits in the joints—supposing, of course, that the patient has already left off eating and drink-

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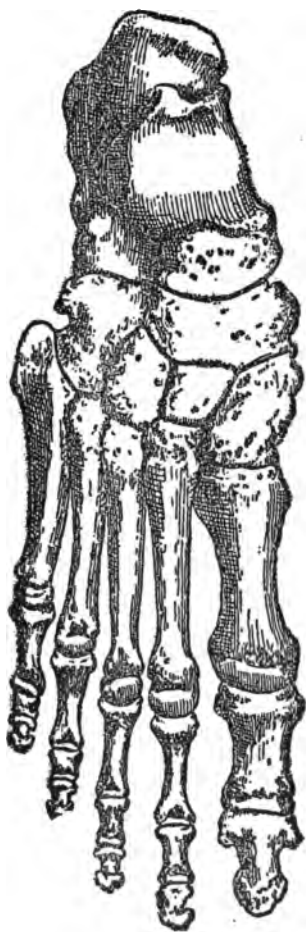
**Gout**

ing that which caused the attack. Neither salicylates nor hot fomentations nor anything else has ever been found that will relieve gout as does the "New-Life" vibrator. One lady, two of whose fingers had been stiff for two years, cried like a child for very joy when a treatment of ten minutes so dissolved and dispersed the chalk in her joints that she could open and shut her hand without difficulty and without pain. It was done by vibrating the fingers with the flat applicator.

The treatment consists first in vibrating the affected joint itself. This sounds impossible, and the suggestion often causes panic on the part of the patient. But by beginning to vibrate the leg above the affected part, stroking toward the heart and using gentle means, approach can be gradually made to the seat of the pain. There will be less pain if, with the ball applicator, a strong treatment be given the nerve trunk where it passes back of the knee.

When the pain has so far been conquered that the swollen joint itself can be treated,





Bones of the  
right foot.  
Gout usually  
attacks the  
joint of  
the big toe

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**Gout**

use the soft sponge applicator and the lightest touch. This will, if gently done, be soothing instead of painful, and after a time slight pressure can be used. Treatment should be given twice daily.

In connection with direct vibration of the affected joint, general treatment should be given the spine, and especially the stomach, kidneys and liver, for the disease has its foundation in faulty excretion of poisons from the blood.

Surprising results in the relief from pain, the easy movement of the stiff joints, and the general improvement in health follow vibration.

## HAY FEVER

Hay fever is an affection of the mucous lining of the nostrils and throat, and is supposed to be caused by the irritation of the pollen or dust of certain plants. When it once attacks a victim it usually makes yearly visits from that time on.

The symptoms are violent sneezing, excretion of watery mucus from the nose and throat, great quantities of tears from the eyes, swelling and smarting of nose, throat and eyes to such an extent that the sufferer is often compelled to breathe through the mouth.

Though extremely annoying, hay fever is not dangerous. It comes on in the late summer when the air is dry and filled with dust. The attacks cease with the coming of frosty weather.

The "New-Life" vibrator gives relief by

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**Hay  
Fever**

conquering the catarrhal conditions and bracing up the nerves. Dr. Wallian says:

"Vibration is capable of rendering valuable aid to the treatment of this distressing disease."

With either the cup or the sponge applicator, vibrate vigorously the bones of the nose, cheeks, temples and forehead.

With the ball applicator treat the nerves of the spine from the back of the head to the shoulder blades.

If there is constipation, correct that.

## HEADACHE

Of all the ills that beset mankind, headache is the most common, and has naturally the greatest number of causes. For headache is a symptom—an indication that something is wrong with the system somewhere, and not once in twenty times is the trouble in the head at all. Almost any disorder in the body will cause the head to ache. As Dr. Woods Hutchinson puts it:

“The humblest and least distinguished of all the organs of the body can order the lordly head to ache for it, and the head has no alternative but to obey.”

Among the hundred causes of headache, some of the more common are overwork; worry; indigestion; the accumulation of poisons in the system through constipation, kidney disease and the like; ptomaines, and especially eye strain.

Whatever the cause, it is merely a warn-

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**Headache** ing that something is wrong in the system and needs attention. It is curious that dis-



Using the "New-Life," with brush applicator to soothe a headache.  
The worst forms of headache yield to this treatment

turbance in other and distant parts of the body should cause pain in the head, but such

## *Health and How to Get It*

### Headache

is the case. And, naturally, while the pain in the head can be relieved, the causes will have to be treated by finding where the disturbance really is.

Doctors used to teach that headache was caused by either a lack of blood in the brain, or a pressure of blood on the brain from congestion. They have now found that the brain is not involved at all. The pain lies in the delicate and sensitive nerves that spread over the outside of the skull. Brain matter itself is not sensitive at all—or but very slightly.

The nerves of the head which nearly always ache are three pairs, with their branches, of course. One pair runs up the neck, on each side of the spine, about half way between the spine and the ear. Another pair goes from near the inner end of the eyebrows over the forehead and up to the top of the head. The third pair runs just in front of the ear, upward to the temple, and on up to the top of the head. Any of these,

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**Headache** or all of them, may be involved in any attack of headache.

Within certain limits, headache from one set of causes will be in one part of the head, and headache from other causes will be in another part.

The "New-Life" vibrator will relieve headache better than any nostrum, and by natural means, and without the introduction of other poisons into the system to complicate the harm done by the poisons which caused the pain.

The pain itself can be taken away by using the vibrator on the nerves which are making the outcry. The brush applicator is the best, but if the nerves are too sore for it the sponge can be used. Treat first the nerves from the eyebrow up the forehead to the top of the head, using medium pressure and high speed. Then the temples, following the course of the nerves to the crown of the head. The ones in the back of the neck should be treated with the downward stroke, from the crown of the head to the base of the neck.



## *Health and How to Get It*

These treatments will almost invariably stop the pain. Then comes the treatment for the disturbance which caused the headache. If it is worry, eye strain, overwork or any such cause, obviously the only thing needed is rest, and a night's sleep will often remove the cause. Headache

If it is indigestion, inactive kidneys, torpid liver or anything of that nature—especially constipation, which is at the bottom of many a headache—give it the proper treatment. Once the cause is removed, of course there will be no more pain.

“Sick headache” is not due to nausea, as was once thought, but the nausea is caused by the headache, through a disturbance of the pneumo-gastric (lung-stomach) nerve. Of course the exertion of vomiting makes the headache worse, but treatment should be directed to relieving the headache first, and the vomiting will cease. Then, if the cause of the headache be found and removed, there will be no more trouble.

Oftenest of all, perhaps, headache is brought on by a general accumulation of

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**Nerves of the head and face. The nerves over the eye, the ones in front of the ear, and those running up the back of the head are the ones which give pain in headache**

**poisons in the system, caused by brain or muscle work. The worn out particles of the body are quickly changed into poisons—**

## *Health and How to Get It*

toxins they are named—in such form that they can be taken up by the blood and removed. When the system is weakened, and the blood, the kidneys, the skin, the liver, the bowels and the lungs cannot excrete the poison fast enough, it clogs the capillaries, there is slower circulation of the blood, increased work for the heart, pressure on the delicate nerves of the head—and, behold! A headache.

**Headache**

With this in mind, headache can be quickly and easily controlled with the “New-Life” vibrator: First, to relieve the pain in the head. Next, to find the cause—which the patient can put his finger on, if he will be frank with himself.

## HYSTERIA

Hysteria is a loss of control over the nervous system, expressed in innumerable ways as by convulsions, weeping, laughing, random talk, contortions of the face or other parts of the body, and sometimes by indecent words and acts. It is a nervous disease, and in true hysteria the victim cannot control the acts.

Women suffer from it much more than men, and it is in a manner the parallel of hypochondriasis (imaginary disease) from which men suffer.

Hysteria is related most intimately and peculiarly with the sexual organs of woman, and derangement of these organs almost invariably accompanies hysteria, and in most cases the nervous disorder can be traced to derangement of the womanly functions.

Naturally, then, the cure of hysteria presupposes the cure of whatever has caused it,

## *Health and How to Get It*

### **Hysteria**

and not only must the nervous excitement be allayed, but the prolapse, the irregular periods, the catarrhal condition, the constipation and other causes must be treated.

Dr. Wallian says plainly that hysteria is "dependent upon definite physical causes rather than upon whim and imagination." This because it was formerly considered that a hysterical patient could control herself if she chose.

Great patience and perseverance are necessary in dealing with this trouble. The treatment consists first in soothing the excited nerves with spinal treatment. If the ball applicator is painful, use the brush applicator, stroking gently on the bare skin, from the back of the neck downward, treating the whole length of the spine. This will almost invariably relieve the overstrung nerves.

Then give attention to paralyzed or contorted muscles, if any, and soothe them into repose. The disease is sure to manifest itself in some part of the body more decidedly

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**Hysteria** than elsewhere—treat the nerves and muscles of that part.

The digestive system should always be treated in hysteria, and particularly if there be constipation, as there usually is.

With patience and care, treating not merely the symptoms, but the underlying causes, vibration with the "New-Life" vibrator is always sure to afford relief.

## IMMUNITY FROM DISEASE

If an ounce of prevention be better than any amount of cure, the keeping of a healthy body in a condition of health is infinitely better than restoring the body to health after it has been attacked and weakened by disease. The work of the "New-Life" vibrator in this direction can easily be made even more important than its already wonderful work in relieving pain and helping to restore to health the diseased body.

Who can doubt that an invigorating treatment will so stimulate the liver and kidneys that they will excrete the poisons; and the blood vessels and mucous membranes of the throat so that they will resist congestion, so that when the body is chilled by unavoidable exposure there is no sore throat, no deposit of uric acid or other poison, no rheumatism. The body has been rendered immune to that especial attack.

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### **Immunity**

The alimentary canal, vigorous with strong, red blood; carrying excretions promptly away because constipation is kept at a distance; digesting food and furnishing nutrition for the upkeep of the body because "New-Life" has stimulated and encouraged the various organs; each part doing its work perfectly—such a tract is very unlikely to be affected with typhoid fever even though the germs do find their way into the stomach. They find no weakened, worn out, nervous part of the body for lodgment, and are promptly cast out.

Even in the case of the violently contagious diseases, such as those of childhood—scarlatina, measles and the like — the stronger and more perfectly nourished is the body, the less likely it is to attack, and the more certain it is to come through with less of harm than the weakly, sickly, ill-nourished one. In this case, though immunity be not perfect, it always works in a measure.

There is a possibility, as yet undreamed of except by a few, of escape from a vast majority of the ills that assail humanity.



## *Health and How to Get It*

And the way to attain this is to cultivate health while yet it is in the body, rather than wait until disease has come, and undertake the uphill task of restoring order in the disorganized body. It is not too much to say that intelligent use of the "New-Life" vibrator in keeping the body up to the standard of perfect assimilation would prevent many and many ills. Immunity

It is not on the same principle as taking medicine when one is well to keep from being ill, for every dose of medicine is an evil, taken to nullify the effects of a greater evil; whereas vibration is merely the mechanical aid to a natural process instead of an unnatural prod to one organ at the expense of some other.

Even the experts do not know all—nor nearly all—the good that may be done by vibration, intelligently applied. Every day that the "New-Life" is used a new item is added to the sum of human knowledge on this point, and in time it will be as much in demand in households where there is no sick-

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**Immunity**    ness, as it now is where there is suffering and fear of death.

Dr. Wallian well says: "A phase of vibratory therapeutics which has as yet received scant attention, deserves to be mentioned. It relates to the inauguration and cultivation of immunity."

## IMPOTENCE

Except in those rare instances where it depends on deformity, this condition is caused by a derangement of the nerves and blood supply. It responds readily to treatment with the "New-Life" vibrator. Mechanical treatment has long been recognized as the most successful.

"Stimulate the dorsal (back) and lumbar (small of the back) centers," says Dr. Wallian, "and tone up the entire system."

Very briefly put, that is exactly what must be done.

Using the special rectal applicator, give a rectal treatment of five minutes.

With the brush applicator treat the genitals, and give prolonged vibration to the perineum, the space just in front of the anus.

Finally, with the ball applicator, or with any other if that seems too harsh, give vigor-

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**Impotence** ous and thorough treatment to the small of the back, and especially to the lower part of the spine.

These treatments, applied with patience, will afford the most astonishing relief unless the trouble rests on some other disease of which it is merely a result. In that case of course the primary cause must be removed before a permanent cure can be expected.

## INDIGESTION—DYSPEPSIA

Under the name of dyspepsia or indigestion may be listed a very long roll of afflictions of the stomach. They are not all alike, and they do not by any means all come from the same source, but they have this in common—that the stomach and intestines fail to digest food properly and change it into substances which can be used in keeping the body in repair. And they are accompanied by pain and uneasiness in the stomach, and usually by frequent refusal of that organ to retain the food given it.

Almost any derangement of the bodily organs or functions will, at times, give the stomach an excuse for going on strike. Dr. Kellogg says that displacement of kidney, stomach, liver, spleen and colon are responsible for many symptoms of gastric neurasthenia (nervous dyspepsia.) Worry, anger, pain, or any of the violent nervous disturb-

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**Indigestion** ances soon after eating may interfere with the work of the stomach and cause an attack of indigestion.

But the great majority of cases may be traced back directly to some imposition on the stomach by way of gratifying the appetite. Overeating not only causes immediate indigestion, but when persisted in causes permanent stretching or enlargement, weakening the walls and interfering with its work. Dr. Holzkecht of Vienna estimates that fully 80 per cent of adult stomachs are prolapsed, or out of shape, and the larger portion of this is due to dilation (stretching).

Eating and drinking all manner of improper things leads directly to indigestion. From the baby who gets sour milk and the boy who eats green apples, to the woman who eats ice cream and drinks tea and the man who takes iced drinks and alcohol, every one of us not only eats too much at times, and eats the wrong thing very often, but eats at the wrong time. Eating a meal before the stomach has had time to digest the previous one often causes indigestion.



**Curing herself of indigestion with the "New-Life" machine.  
She is using the ball applicator, and stimu-  
lating the stomach directly**

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**Indigestion** In short, anything which interferes with the perfect and full action of the stomach in disposing of one meal and resting a while before the next one, will in some way have its effect. And when the interference reaches a certain point there is a rebellion on the part of the stomach—and indigestion or dyspepsia.

A disordered stomach, which fails to turn the nutritive portion of the food over to the lymphatics in proper form for use in body-building, means a body weakened, undermined, and liable to be attacked by disease at any point. It is like a nation unprepared for war, and will fall a prey to the first enemy that moves against it.

Dr. Wallian declares that the indigestions are the underlying factors in a great majority of all cases that the doctor has to treat. "It is the skeleton that hides in every domestic closet, and enters unbidden at every banquet," he says. "To lay this ghost is to give the race a new lease of life."

To prove the importance with which he regards a good digestion, another quotation



## *Health and How to Get It*

is given: "When a sufferer from any form of wasting disease puts himself in touch with Nature and finds himself capable of ingesting, digesting and properly appropriating an increased quantity of food, he generally believes, and his physician KNOWS, that he is on the road to recovery." **Indigestion**

The "New-Life" vibrator has had wonderful success in overcoming indigestion. The stomach lies so near the surface of the body, and is not hidden behind bones nor any of the delicate organs, that its manipulation is easy. Since so much of its work is actually physical in character, and it responds so well to stimulation, vibration offers an ideal remedy for any form of weakness.

Direct treatment of the stomach is best given with the flat applicator, though any other may be used if desirable. Treatment should not be given immediately after a meal. Wait an hour and a half or until just before the next meal.

Move the applicator in small circles passing from the left side of the body to the right, giving moderate pressure. The glow

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**Indigestion** of warmth that comes with increased circulation will be felt in a moment, the cold, heavy feeling will leave, and a feeling of comfort will take its place. The action of the stomach in rolling and squeezing the food will be stimulated and aided by the manipulation, and the flow of gastric juice will be increased. Treatment should last for fifteen minutes.

With the ball applicator treat the spine, especially from the neck to the point of the shoulder blades, stimulating the nerves that control the stomach and intestines.

If there is constipation the intestines should be given the proper treatment, and if there is any other organ that is lax in its work, it should be vibrated. Treatment of the skin, with light friction, over the whole body is stimulating and grateful, especially if the sufferer be troubled with sleeplessness. This is best given just before going to bed.

The effects of vibration on the stomach are immediate as to the relief of the gnawing pain of gastritis, the "heart-burn," the pres-

## *Health and How to Get It*

sure of gas, and the other inconveniences. If Indigestion persisted in the most stubborn case will soon show a marked improvement unless it chance to be cancer or some such intractable malady.

## KIDNEY DISEASE

This term covers a number of affections of the kidney, due to various causes, and all of them serious because the kidneys perform a very necessary work in the body, and any derangement of their functions threatens grave results.

Inflammation of the kidneys (nephritis) may come from a cold, from a blow over the kidneys, or from strong drugs taken to stimulate the kidneys.

Congestion, which may or may not be in connection with inflammation, is merely an engorged condition due to the flow of blood being impeded.

Hemorrhage of the kidneys is caused by rupture of a blood vessel in congestion, inflammation, the ravages of cancer or other disease, or an accident.

Bright's disease and diabetes have al-

## *Health and How to Get It*

### **Kidney Disease**

ready been mentioned under their own headings.

Cancer often attacks the kidneys, and usually has made great headway before the physician can be sure of the trouble.

Atrophy (wasting) of the kidneys often follows chronic inflammation or other disease. In this case the kidney turns dark red in color, becomes hard, the cells diminish in number and the whole organ shrinks in size.

Floating or movable kidneys is a result of a weakening of the supports which hold it in place. When it is loosened from the wall of the abdomen the kidney slides down and presses on the ureters, nerves and blood vessels, pulling and straining on them until it causes great pain and grave symptoms. A displaced kidney can usually be replaced by manipulations with the hand of the physician.

Symptoms of these various diseases include the discharge of pus or blood from the bladder, pains in the small of the back, fever, difficulty in urinating, and sometimes convulsions. Only a competent physician is

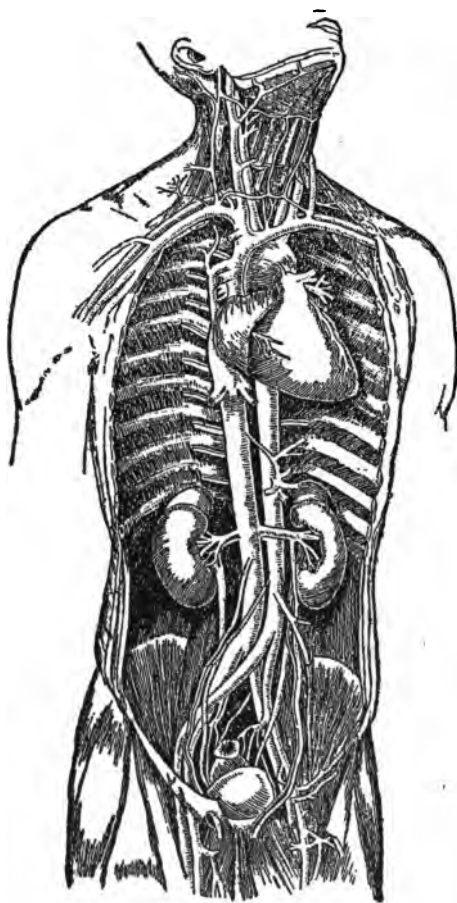
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**Kidney  
Disease**

fitted to decide what the disease is, and to what degree vibration should be used in direct treatment; for in advanced cases of



Reaching around to treat a sluggish kidney with "New-Life."  
He is using the ball applicator



**The kidneys  
in place,  
showing the  
large blood  
vessels  
passing'  
between  
them, the  
arteries  
leading to  
them, and the  
bladder  
below with  
ureters  
leading to it**

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**Kidney  
Disease**

serious disease strong direct vibration over the kidney might work harm instead of good.

But whatever the nature of the disease, and whatever the means advised by the physician to combat it, the "New-Life" vibrator is a valuable aid in taking part of the burden from the kidneys, stimulation of the skin and other organs to help the kidneys out with their work, stimulating the nerve and blood supply of the kidneys themselves, and massaging and exercising the muscles when the patient is unable to take exercise in the usual way. No sufferer can afford to be without its effects, and no physician should fail to avail himself of its help in cases where even a slight help would mean much, and where the "New-Life" has a powerful influence.



## LIVER DISEASE

This term covers a very large field, for the liver is subject to a great variety of ailments. And since this organ performs an important part in the work of digestion, and a still more important part in the work of excretion, any serious impairment of its usefulness upsets the whole economy of the body.

In organic diseases of the liver—diseases in which the structure of the organ itself is attacked—vibration cannot be expected to work a cure. But in all cases of functional trouble—cases in which the work of the organ is badly done or not done at all, but in which the tissue of the liver is not diseased—the “New-life” vibrator does wonderful work.

Among the diseases to which this organ is subject are cancer (carcinoma), enlargement, acute inflammation, gall stones, hard-

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#### **Liver Disease**

ening (induration or cirrhosis), fatty degeneration, yellow atrophy (wasting), jaundice, and amyloid or waxy liver.

Direct vibration of the liver is not advised in case of cancer, of acute inflammation of the liver and intestine, or in case of abscess on the liver. But in other diseases, and especially where the organ requires to be stimulated to do its work, direct vibration will have instant effect. In every case where it is desired to give gentle stimulation, and promote a free circulation of the blood, the "New-Life" vibrator will be found a valuable ally.

Vibration of the legs and feet will draw away blood from the liver, and relieve congestion. Treatment of the middle third of the spine will brace up the nerves controlling the activities of the liver; and for every change that is desired in the workings of the organ, vibration will be found valuable. The more important of the liver diseases will be spoken of under their own titles.



The liver is the large, dark body at the upper left. On it can be seen the gall bladder. Beside and below it is the stomach, and below the other end of the stomach lies the spleen. Still lower is shown the large intestine, with the blood vessels leading from it to the liver

## LIVER HARDENED—CIRRHOSIS

In this disease the liver becomes granulated and hardened, and fails to take the bile and other poisons from the blood. This results in the bile giving the complexion the yellow tinge of jaundice, the lack of bile in the intestine causing constipation, and impeded circulation causing swelling of the feet—dropsy. The body is soon weak and emaciated from lack of nutrition.

If the "New-Life" vibrator were used in time there is no doubt that nearly all cases of hardening of the liver could be cured. Even when drugs have been used until there was no longer hope of a cure by them, vibration has often cured. Dr. C. W. Hartelius says that in five cases where drugs had failed in cirrhosis, vibration and other mechanical means gave brilliant results. Many advanced physicians agree that vibration offers a great opportunity for a cure.

## *Health and How to Get It*

### **Liver Disease**

The treatment consists in vibration of the liver itself, using the ball applicator with moderate pressure under the lowest rib on the right side.

Treat also the small of the back with the ball applicator, and with the flat applicator treat the feet and legs as for dropsy.

If there is constipation, as usually there is, give treatment of the abdomen for its relief.

## LOCOMOTOR ATAXIA—TABES DORSALIS

This is a disease of the spinal cord in which control of the muscles is gradually lost, especially those most used in walking, so that the gait becomes peculiar and is always a sure sign, to the practiced physician, of the nature of the affliction. Dr. Woods Hutchinson thus describes the walk of a sufferer:

“He comes in with a firm, rather precise, calculated sort of gait, ‘clumping’ each foot upon the floor as if he had struck it an inch sooner than he expected, and clamping it there firmly for a moment before he lifts it again, as though he were walking on ice, with more knee action than seems necessary.  
\* \* \* Loss of sensation in the soles of the feet is one of the earliest symptoms.”

Nearly always this disease can be traced to some infection of the blood of long stand-

## *Health and How to Get It*

ing, as syphilis; and as it usually takes many years for this poison to progress so far as to begin to destroy the nerve trunks, a cure is always a matter of many months and much patience. Indeed, until recently it was considered hopeless. Since the coming of the vibrator, however, cures have been reported, and Dr. Wallian speaks thus cheerfully of the outlook, advising violet ray treatment along with the vibrator:

**Locomotor  
Ataxia**

"This disease, proverbially looked upon as incurable, unless too far advanced, can now be attacked with much more assurance. Vibration and the violet ray have scored a few quite satisfactory authenticated successes.

After outlining the best methods of treatment, he goes on:

"Progress may be slow, but in at least fifty per cent of the cases improvement will soon be manifest. Patience, persistence and tact will be rewarded by more or less permanent improvement.

"Even when ultimate cure does not crown the effort, the accompanying pains will be

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**Locomotor Ataxia** mitigated, the gait improved, and control of the sphincters restored.

The treatment consists first in vigorous daily vibration of the whole of the spinal tract, especially from the small of the back down. If there are pains in the thighs, as there usually are when the sciatic nerves are affected, treat them vigorously with the ball applicator. Masseurs used to resort to pulling the leg, holding it fast at the knee, and putting a steady pull on the ankle, for relief of these pains.

Then, using the disk applicator, treat well the stomach, liver and bowels. Keep the digestion unimpaired and prevent constipation by conscientious vibration of the abdomen, and there is bound to be improvement in every case.



## LUMBAGO—LUMBERMYALGIA

Lumbago is nothing more or less than rheumatism of the muscles of the small of the back, and is as quickly relieved by the "New-Life" vibrator as any other form of rheumatism. Formerly this disease was treated with ointments and salves, as well as drugs taken internally; but it is now recognized that it was the rubbing and kneading which it required to apply the liniments, rather than the liniments themselves, that gave relief when any was given. Vibration is now recognized as the best of all treatments.

"Mechanical vibration relieves this painful condition more promptly and satisfactorily than perhaps any other form of treatment," writes Dr. Wallian.

The treatment is best given with the patient lying face downward, with a pillow under the abdomen. With the ball appli-



**Taking the soreness of lumbago from the muscles of his back with "New-Life," using the Type C machine with ball applicator**

## ***Health and How to Get It***

cator treat the spine from the small of the back down. There may be found spots where the frayed nerves are too sensitive to endure the pressure of the ball applicator; in such cases use the brush, or even the sponge, until the pain has abated and the hard applicator can be used.

**Lumbago**

Two or three treatments daily can be given with advantage, and treatments of the abdomen in case of indigestion or constipation are of benefit.

The vigorous, direct application to the seat of the trouble will surely give relief at once, and few cases will last a week when properly treated.

## NERVOUSNESS-NEURASTHENIA

Any disturbance of the working of the nervous system is an indication of disease, whether the disturbance be merely hysteria, or insanity. Nerves are just as real things as are bones or muscles, and any derangement of them is a disease just as definite as a stiff joint or swollen limb. And of late it has been recognized that nervous trouble always comes from a definite and recognizable physical disease. The nerves are poisoned by the toxins, or waste matter, left in the system when the tissues are worn out. Dr. Woods Hutchinson makes this very plain in these words:

"The man or woman who is nervous has poisoned nerve cells, either from hereditary defect, or direct saturation of the tissues with toxic substances. \* \* \* Probably the most important single result that has been reached in our study of nervous diseases in

## *Health and How to Get It*

the last fifteen years, is the realization that the cause of them in easily 80 per cent of all cases lies entirely outside of the nervous system."

Nervous-  
ness

The thing that must be done, then, to cure any of the thousand kinds of nervousness, is to see that the body is nourished, rest the system while it is being rebuilt with this nourishment, and stimulate this rebuilding by every means at hand. Here it is that vibration offers a help that can come from no other possible source. Not only is it soothing and restful of itself, but it gives all the good effects of exercise without tiring the sufferer, it stimulates the work of every organ to which it is applied, and it urges the rebuilding of the worn parts as no drug can ever do.

Here is an extract from Dr. Wallian's book, showing how firmly that authority is convinced of the immense value of the vibrator:

"Had Weir-Mitchell (a famous physician who did much by hand massage) real-

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Nervous-  
ness

ized the potency of mechanical vibration he could have dispensed with his professional masseurs and accomplished more by its aid in a fortnight, than without it in four months. \* \* \* In the language of Snow, 'Vibration induces functional activity without the expenditure of active energy on the part of the patient.' This makes it an ideal resource in neurasthenic conditions. The patient must not exercise but be exercised. He is to do absolutely nothing to develop his muscles or invigorate his functions, yet the former are to be developed and the latter invigorated, vicariously, by his attendant, assisted by a little rhythmically running machinery."

Since the nerves reach to every part of the body, and any derangement of the nerves may show itself in any part, it follows that the methods of treating nervous trouble may be very different. There are some things that must be done in all cases; so a few general rules may be laid down. As each case will vary with the cause of the nervous breakdown, the part most affected,

## *Health and How to Get It*

the character of the sufferer and his surroundings, so the common sense of each one must fill in the details of the treatment he is to have.

**Nervous-  
ness**

In every case of deranged nerves there should be spinal treatment, stimulation of the digestive and excretory organs, and a thorough treatment of the skin with a soft applicator. After that the especial needs of the particular case may be taken up. With the ball applicator go carefully and thoroughly over the spine, testing each side with moderate pressure, stroking of course from the backbone in the direction taken by the ribs, slightly downward and around the body. Carry this treatment from the back of the neck to the end of the spine.

Encourage the stomach with a treatment, light or vigorous according to its needs. No nerve or other part can be built up unless the stomach furnishes it the necessary nutrition from food.

If there be constipation, treat the abdomen for its relief. Stimulate the liver, under the ribs at the right side, and the spleen

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**Nervous-  
ness**

under the ribs at the left. And if kidneys or bladder are not working well treat them.

If the nervousness displays itself in any especial part, of course soothing treatment should be given it there. Nervous headaches can be taken away. Nervous cramps can be relieved. Sleeplessness can be overcome. Sciatica, neuralgia, and all the other pains of diseased nerves can be given instant relief, as told under their separate headings.

Keeping in mind the great central truth that nervousness comes from nerves starved by a lack of nourishment and poisoned by non-removal of the waste of the system: and that the "New-Life" vibrator is the best means that science has yet found to remedy these ills, nervousness will be easily overcome.



## NEURALGIA

The pain of a starved, poisoned and inflamed nerve is called neuralgia. Since it is the business of the nerves to carry impressions to the brain from all the body, it is to be expected that when the nerves themselves are suffering the report to the brain will be exaggerated. And it is. When there is inflammation, or pressure, or any disturbing influence at work on any of the larger nerves the report to the brain is loud and insistent and urgent, and there is agony in the call for help.

Shrieking nerves in different parts of the body have been given various names, but they are all varieties of the same thing—neuralgia. If it affects the large nerve of the thigh, between hip and knee, it is sciatica, or sciatic rheumatism—for rheumatism and neuralgia are so close akin that sometimes one merges into the other, and they

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**Neuralgia** both come from the same cause. If the ache is in the face it is *tic douloureux*. Or if it is in a tooth nerve it is *toothache* if the tooth nerve be exposed, but bears its old name of *neuralgia* if not. In other parts of the body special nerve-aches have other special names, but all are varieties of *neuralgia*.

*Neuralgia* can be relieved in a moment with the "New-Life" vibrator, and no known agency will do more to effect a permanent cure. Treatment of the aching nerve directly will soothe the pain in a moment, and treatment of the general system to remove the cause—for there is a definite underlying cause to every nerve throb—will help Nature regain her balance and cure the evil.

Use whatever applicator seems best fitted to treat the painful part. The ball is used to best effect when it is in an arm or a leg, deep among the muscles. The cup or the sponge when in the delicate parts, as the face. Press hard and give the strongest treatment the nerve will bear, holding the

## *Health and How to Get It*

applicator on four or five seconds, and resting as long. This will abate the pain. Neuralgia

Then go carefully over the whole course of the nerve, treating it thoroughly and well. Often a chronic pain is caused by adhesions along the course of the nerve trunk, and strong vibration will break these up and remove the trouble for all time.

But along with this immediate relief of the pain there must be a removal of the causes—insufficient nourishment and imperfect excretion. So, as in the case of so many other diseases, attention must be given to stimulation of the spine, and thorough treatment of stomach, liver and bowels.

## NEURITIS

Neuritis is the inflammation of a nerve itself, and is of course very painful. It is close akin to neuralgia, and it is probable that in case of either the other is often present.

Dr. Nordstrom declares that "sciatica, either of the neuralgic or the neuritic form, is always accompanied by more or less inflammation of the muscles in the neighborhood of the nerve, and the treatment consists of massage not only of the nerve, but of the surrounding muscles."

The cause of this nerve inflammation may be an injury, it may be the result of body-toxins left in the system after diphtheria or other disease, it may be due to a gradual accumulation of body-poisons in old age, or to lead poisoning.

The treatment of neuritis with the "New-Life" vibrator will be much the same as that

## *Health and How to Get It*

### Neuritis

of neuralgia. Using the applicator best suited to the location of the diseased nerve—the ball if possible—holding the vibrator sideways to get the percussion stroke, give heavy pressure at intervals of a few seconds on the affected nerve. When this has relieved the pain, treat the whole surface in which pain is felt, using whatever applicator gives best satisfaction, but giving as deep and vigorous pressure as can be endured.

Pain can be relieved in a few moments, but as Dr. Arnold Snow says, “the time necessary to effect a cure will vary from a few days to twelve months, or even longer in some chronic cases.

When neuritis comes on without apparent cause, it is usually due to a general weakened condition of the system, a lack of nutrition sent to the nerves, and to effect a permanent cure it will be necessary to build up the general health by treatments of the spine, the digestive and excretory organs.

## **OBESITY—EXCESS OF FAT**

Obesity is a sort of stinginess of the system, which for some reason yet unknown insists on laying up vast supplies of nutrition instead of using it up or casting it out when it is not required. It is a real disease, whose effects are plain even if the causes are obscure. It consists merely in the failure of the system to keep in circulation the fatty elements of the food.

The "New-Life" vibrator offers the most sensible and effective means of reducing fat. Reaching as it does every fiber of the tissues, every nerve and blood vessel, massaging and compressing and dilating them with delicious thrills, making them use a larger blood supply and urging them to use more and ever more of the nutrition in building bone and muscle and nerve instead of merely storing up the fat, vibration offers the real solution.

## *Health and How to Get It*

### **Obesity**

One of the first things to look after is constipation. There must be no stoppage of the organs which cast out the waste materials, and which, if the system were in good working order, would also throw out all the nutrition not required, rather than deposit it in the form of fat to be in the way of every organ in the body. Treatment, light or vigorous as required, should be given the abdomen daily.

The next thing to make sure of is that the skin is acting freely. It must be depended upon to cast out in the form of perspiration a great deal of waste matter, and everyone knows from personal experience that profuse sweating will reduce the weight very materially. The excess of material in the body must be actually burned up, and active operation of the sweat glands is one way of getting the ashes out of the system.

Persistent vigorous treatment of the whole body should be given every day. It is well known among scientists that a large and healthy muscle burns up more fuel even when lying idle than does a thin, weak one;

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**Obesity** so that every improvement in the size and condition of the muscles mean that much more nutrition put to its proper use, and that much less nutrition piled in the form of fat around the body. Also it is known that the bones are the laboratories from which are turned out the supply of red blood corpuscles, though the details of the process are yet a mystery. But whether or not we understand how it is done, we may be sure that vigor of the bones and their blood vessels and membranes means increased blood supply, increased growth and strength, and increased use of nutrition. Vibration is the quickest and surest means to this end.



## PAIN

Pain is the warning, sent through the nerves to the brain, that there is something wrong in the machinery of the body. No matter what the source or the nature of the pain, it is never anything but a call from the nerves to the brain—the big central nerve exchange—for relief.

If any part of the body has been struck a blow, there is a sudden and severe compression of the nerve tips, which yell instantly to the brain—and there is pain. If the blow has been a severe one, there will be a rupture of some of the smaller blood vessels, and an exudation, or seeping through, the tissues of the plasma, or white, liquid portion of the blood. That causes swelling, which continually presses the nerve tips, with the result of continued pain.

If the blow chances to have fallen with much force over one of the large nerve

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### **Pain**

trunks, the consequent rupture of blood vessels, leakage of blood and exudation will cause swelling and pressure directly on the nerve, and the pain will be more intense and extensive than otherwise—for the reason that a large nerve can make more disturbance than a small one, and that the pain will be referred to the whole area reached by the nerve tips from that nerve trunk.

The same principle holds true of internal pain. If the uric acid of a rheumatic fever attacks the membrane about the heart, there is irritation of the nerves, and the pain of pericarditis. If there is gas in the bowels, they are distended and threatened with rupture, the nerves are stretched, and they set up a cry to the brain that there is colic. No matter in what part of the body, if there is pain there is an abused and complaining nerve. The pain is not always in proportion to the gravity of the injury, but is always in proportion to the amount of disturbance of the nerve filaments.

Pain can be conquered. Opiates will dull it, chloroform or ether or any of a half dozen



**Treating a painful knee with "New-Life." Whether from over-exertion, rheumatism or other cause, the pain is quickly relieved**

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**Pain**

other agencies will make it cease entirely so long as their influence lasts. Cutting the nerve trunk will make it impossible that pain should ever be felt from that part of the body again. But none of these things cure or even improve the condition which caused the pain. Cocaine will take away the pain from a cut, but it will not heal the lacerated ends of the nerve which cause the pain. Soothing syrups containing opiates will stop the pain of a baby's colic, but they never in the world did anything to remove the gas which was stretching the intestines and causing the pain. Cutting the nerve trunk would stop the pain of an ulcer on the foot, but though paralyzing the foot for life, it would not in the least improve the condition of the ulcer which caused the pain.

The "New-Life" vibrator will ease pain, and in the great majority of human ills can also be used to remove the cause. Heavy vibration of a nerve will cause it to stop its wild screaming to the brain, and vibration over the source of the trouble will often re-

## *Health and How to Get It*

move the trouble and prevent the pain from returning.

**Pain**

For instance, in a severe bruise the vibrator will not only calm the nerve which is complaining, but by stimulating the absorption of the blood which has leaked from the ruptured capillaries, and of the plasma which has oozed into the tissues, it hastens the removal of the cause of the pain.

Under their various headings the commoner ailments are described in this book, and directions given for using "New-Life" for their relief. But in every case the vibrator should be used, not only to stop the pain, but to remove its cause—which is much more important.

## PARALYSIS

Paralysis is the partial or complete loss of motion and feeling in a part of the body by reason of interference with that portion of the brain which controls that part of the body, or with the nerve leading to the part. The most common causes of paralysis are pressure on the brain from a hemorrhage inside the skull; pressure on the brain from a tumor on the membrane covering the brain or on the inner side of the skull bones; pressure on the brain from a portion of the skull itself in case of fracture; or pressure on or severance of, the spinal cord by accident or by tumor.

When the nerve fibers leave the skull they cross over to opposite sides of the spinal cord, so that pressure on the right side of the brain will paralyze the organ on the left side of the body to which that section of the brain sends it nerves. In like manner,

## *Health and How to Get It*

pressure on the left side of the brain will paralyze some part of the right half of the body.

Paralysis

The sudden stroke which follows a violent hemorrhage upon the brain is called apoplexy, always serious. When the effusion of blood on the brain has been absorbed and carried away, and there is no apparent reason why the arm or leg or other part affected should not be just as strong and useful as before, it often happens that the member remains shriveled, weak, and sometimes almost entirely useless.

There is nothing known to science of greater benefit in such cases than the "New-Life" vibrator. It will help to rebuild the wasted muscle, bring a flow of rich blood through the almost deserted capillaries, put new life into the dulled nerves, and restore the part to its former usefulness.

"For muscular paralysis no treatment could be more effective or satisfactory than judiciously administering mechanical vibration," says Dr. Wallian.

First the spinal nerves leading to the par-

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**Paralysis**      alyzed part should be treated with the ball applicator.

Then the paralyzed member itself should have great attention. At first use the flat applicator, or if this seem too harsh, even the sponge or cup for a while. But when the muscles are accustomed to it, use the ball applicator and give as vigorous treatment as the patient can endure. Stroking always toward the heart, treat the muscles first with the vertical and later with the lateral stroke. The more thoroughly the tissues are massaged and stimulated, the more rapidly will they be rebuilt and their strength renewed.

When the muscles have been thoroughly massaged, attention should be directed to the intestines if there be constipation, or the stomach if indigestion, for the quick repair of any part depends largely on the perfect working of all the other parts.

Daily conscientious use of the "New Life" vibrator is especially important in case of infantile paralysis, the terrible poliomyelitis, which always leaves the muscles wasted and feeble, sometimes drawn into unnatural



### *Health and How to Get It*

shapes, and the little body apparently warped for life. The vibrator will work a wonderful change. Under its touch the drawn tendons relax, the atrophied muscles begin to grow plump, motion of the paralyzed parts daily grows more free, and a full recovery is often made in a few weeks.

**Paralysis**

## PILES—HEMORRHOIDS

Piles are blood tumors caused by enlargement of the veins about the anus, the opening from which the bowels cast out the refuse from the body. The chief cause is constipation, but contributing causes are tight lacing, sitting long hours at desk or table where the body is bent forward over the abdomen—anything which causes a slowing of the blood in the abdomen. Children sometimes have them, but usually they do not appear until after the age of 30 years.

Many names are given the various forms of disease, but essentially they are all the same. Blind piles are those which do not protrude from the anus. Protruding piles are those which do protrude. Bleeding piles are either blind or protruding piles which are subject to hemorrhage. Itching piles

## *Health and How to Get It*

are any kind of piles which itch rather than throb and ache as do other kinds.

Piles—  
Hemor-  
rhoids

The "New-Life" vibrator offers a natural and quick means of relieving the pain and removing the cause without outraging nature from drastic drugs. Even in the days of hand massage piles were cured by manipulation, and the "New-Life" has made it ten times easier.

A special rectal applicator is furnished on application at an additional cost of \$1.50. It should be well oiled, and the vibrator set in motion before it is inserted. Care should be taken in inserting it not to use force, and lacerate or irritate the swollen parts. Use from three to five minutes, twice or three times a day until the swelling has gone down.

Follow this with treatment of the abdomen to relieve constipation, and of the base of the spine with the ball applicator to stimulate the nerves of that region.

## PLEURISY

The inside of the chest is lined with a delicate membrane called the pleura. The pleura is doubled back over the lungs, holding them enclosed in a bag of the same membrane. Any inflammation of this membrane, either the part against the chest wall or the part enclosing the lungs, is called pleurisy.

The purpose of the pleura is to protect the lungs from friction. Thus, when the lungs are expanded in drawing a full breath they would rub and chafe against the inside of the rib muscles if the pleura were not between. But the two thicknesses of pleura each secreting a liquid which serves the purpose of oil in machinery, slide easily over each other, and there is no friction.

But in case of pleurisy—inflammation of one or both of the parts of this membrane—it sometimes becomes feverish and dry, and

## *Health and How to Get It*

### **Pleurisy**

does not slip easily. Then we have the familiar "stitch in the side," and cannot draw a full breath for the pain it gives us. It is this rubbing together of the sore membranes that makes it so painful to breathe when we have pleurisy.

With the ball applicator give treatment of the spine between the shoulder blades, on each side of the backbone.

Using the flat applicator, treat the chest on both sides, stroking from the breastbone outward and upward, following the line of the ribs. Pay special attention to the lymphatics—the kernels—under the arms, for they are important in the work of absorbing and carrying away deposits.

And finally, if there be indigestion or constipation, treat them until they are relieved.

## PREGNANCY

Properly applied, vibration offers one of the most effective and pleasant means of keeping up the health and building up the strength of a woman in the period before her child is born. If her condition has seriously deranged her system, as sometimes happens; and especially if she is not strong nor able to take exercise, the "New-Life" will prove a boon to her.

It will promote her circulation, hasten all the processes of growth and building up of her body in preparation for the trial it is to undergo, and best of all it will afford her a passive means of exercise which will massage and knead and stimulate the growth of her muscles without the necessity of her being on her feet and undergoing any exertion.

Two points must be borne in mind in using the "New-Life" in pregnancy—the

## *Health and How to Get It*

abdomen should not be vibrated, and the lower part of the back must be treated very lightly if at all. This vibrator is a powerful stimulant, and vibration of either the abdomen itself or of the nerve centers that control it might start premature labor. Pregnancy

But the rest of the body—the arms and legs, chest, hands, feet, head, neck, and especially the hips and perineum, will gain wonderfully under daily treatment. Used within the proper limits, vibration is as safe, as pleasant, and more beneficial than active exercise.

## PROSTATE GLAND

The prostate gland is a heart shaped organ surrounding the neck of the male bladder. When it becomes inflamed it swells, presses against the bladder, compresses the urethra so that urine is passed with great difficulty, and in some cases even obstructs the rectum. Enlargement in chronic form often comes with old age and feebleness of the system, without any especial cause. In acute form it usually follows some other inflammation. The chronic form is more tedious to cure than the acute, which usually yields with a few treatments.

With the flat applicator go thoroughly over the abdomen, and especially if there be constipation, relieve that. Vibrate the bladder thoroughly, pressing just over the pubic bone and moving the applicator in short circles.

With the special rectal applicator treat



### *Health and How to Get It*

the rectum, especially if there has been constipation.

**Prostatic  
Gland**

Using the sponge applicator, give long treatments to the perineum, just in front of the anus, and in the region of the swollen gland itself, making the treatment as vigorous as possible without causing too much pain.

## RECTAL DISEASES

In all diseases of the rectum, whether inflammation (rectitis), piles, mere weakness of the sphincter (closing) muscle, fissure or other disorder, the "New-Life" vibrator will be found a most powerful and grateful aid to recovery.

Treatment will vary according to the nature and violence of the disease. If there is doubt as to its nature a physician should be consulted, for sometimes cancer attacks this part, and direct vibration of cancer is not always advisable.

For internal treatment there is a special rectal applicator of soft rubber provided. It should be well oiled with vaseline, olive oil or other lubricant, and the vibrator started on the slowest speed before it is inserted. If the applicator be inserted and then the motor started it is likely to prove too heavy a shock to the nerves; but if inserted slowly

## *Health and How to Get It*

### **Rectal Diseases**

while in motion it will cause no discomfort. The treatment should last with intervals of rest, ten or fifteen minutes.

Use the sponge applicator, or some other if desirable, for external treatment. Light stroking and gentle pressure on the perineum and over the anus are soothing if there be soreness, and the free flow of blood is encouraged.

If there is some disease which caused the rectal trouble—and there is nearly always some morbid condition elsewhere or there would be no rectal trouble—of course it must be given its appropriate treatment. Otherwise, treatment of the rectal trouble without removing the cause would be in the nature of treating a symptom and neglecting the disease.

## RHEUMATISM

Rheumatism is the most common and one of the most painful diseases known to mankind—not counting headache, which is a symptom and not a disease of itself—and yet less is actually known of its cause for being than of many more rare complaints. There are theories, dozens of them, but no scientist has yet evolved one which will convince his fellow scientists.

Dr. Alexander Haig, a very eminent scientist, physician to the Metropolitan Hospital, the Royal Hospital for Children and Women, and Casualty Physician to St. Bartholemew's Hospital, all of London, once wrote a book of nearly a thousand pages to prove that uric acid in the blood, deposited in the tissues under certain conditions, is not only the sole cause of rheumatism and gout, but of a ghastly array of

## *Health and How to Get It*

other ills. He supports his case with an immense mass of testimony, and he has a large following, especially as to the rheumatism and gout causation.

Dr. Woods Hutchinson, already quoted several times, in his book "Preventable Diseases," speaks of this as "the ravings of Haig and the Uric-Acid School," and says that the theories are now generally discredited. Dr. Hutchinson himself is of the opinion that rheumatism is a germ disease, though he says that the germ has not been identified, and that rheumatism is rarely "catching." He is inclined to trace rheumatism back to the acute attack of catarrh, "cold" or influenza which oftens precedes it, and to believe that it is in that form that rheumatism is contagious, and that fever and swelling and pain and stiff joints and all the ills of real rheumatism are merely results of that attack.

Whether or not the uric acid theory be accepted, everybody knows rheumatism when he sees it—or feels it. As Dr. Hutch-

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**Rheumatism**inson humorously remarks, "when we call a disease rheumatism, we know what to give for it—even if we don't know what it is."

And this much is sure—that an acid or a body-toxin, or a germ, or some other thing which has no business in the body, gets into the blood when the body is weakened by a chill or other accident, and makes a world of trouble. And even if the scientists never find out exactly what it is, there is abundant proof that the "New-Life" vibrator relieves it as nothing else in the world ever did.

Acute rheumatism, rheumatic fever, inflammatory rheumatism, or by whatever name the typical rheumatic attack is known, comes on very suddenly. It begins usually with headache and fever, much as any of the violent fevers such as measles or scarlet fever. The temperature runs high, there is profuse sweating, and the patient seems a very sick man. Meantime the disease selects some part of the body for an attack—most often a joint of the leg or arm, prefer-



**Rheumatic wrist is instantly relieved by "New-Life"**

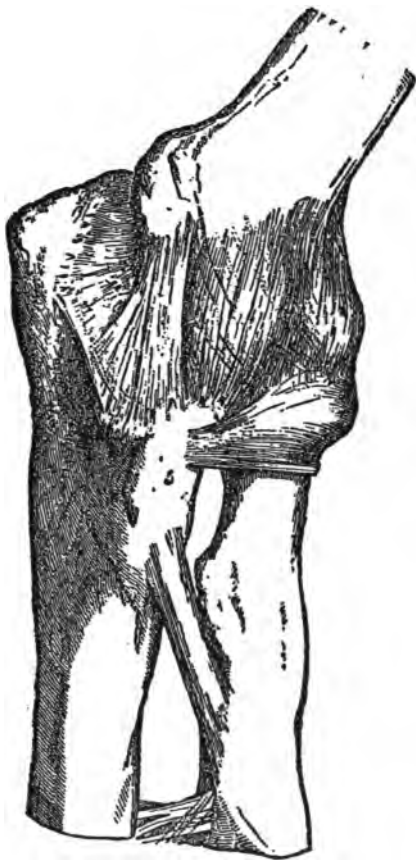
### *Hamilton-Beach Mfg. Co.*

Rheumatismably the knee or ankle—and inflammation begins there.

In a few days, sometimes in a few hours, the joint is swollen to many times its normal size, red, burning with fever, and so sensitive by reason of the hot, swollen and poisoned blood vessels pressing the nerve filaments that the patient is nearly insane from pain. In spite of drugs and liniments, the sickness usually runs its course of two weeks or more, when it rapidly subsides—unless, as is often the case, it attacks a second joint just as the first is recovering. In that case it is just like a new attack of the disease except that it is ordinarily not quite so severe.

Rheumatic fever is very seldom fatal but the after-effects of rheumatism are often deadly. For, like diphtheria, scarlet fever and other plagues, it is likely to leave its mark on the vital organs. By preference it attacks the heart, and the lining of the heart is often eaten as by acid with the ulcers that come from the uric acid or germs or





**Bones and  
ligaments  
of the right  
elbow. When  
rheumatism  
attacks a  
joint the  
ligaments  
are inflamed  
and tender  
and the joint  
cannot be  
moved**

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**Rheumatism** whatever it is that causes the disease. This leaves the inside of the heart scarred and roughened, the heart valves twisted and deformed, and the whole organ weakened and unfitted for duty. For his whole life, thereafter, the victim must be careful not to over-tax his heart or he will rupture a weakened wall, or tear loose a partly-torn valve.

Despite the tenderness of every part of the swollen joint, the "New-Life" vibrator is one of the best agencies known for the treatment of even the terrible inflammatory rheumatism. In one instance a traveling salesman was seized with the disease on the train and had to leave his berth and be taken to a hotel—he refused to enter a hospital. For three days he lay in bed, both knees swollen and red and so painful that he could not even sit up. A friend sent him a "New-Life" vibrator and a skilled operator and asked him to try it.

The operator began with the flat applicator, stroking the upper part of the thigh very gently in the direction of the heart. By degrees he reduced the swelling some-

## *Health and How to Get It*

what and soothed the nerves, and was able to ~~Rheumatism~~ approach nearer to the part where the pain was so intense. In a little while he was actually vibrating the joint which half an hour before was driving the sufferer mad with pain, and the knee could be bent without pain. The same thing was done with the other leg, and to his amazement the patient could bend both knees without a twinge. Then, with a little coaxing, he ventured to put his feet to the floor, and in a little time he was walking about his room. The next day he dressed and took his train.

This was an exceptionally quick recovery, even with "New-Life"—but it was also a very severe attack of acute rheumatism. The principle is the same, and the results are approximately the same, in every case. Massage, vibration and all the known forms of kneading, rubbing and pressing have long been recognized by scientists of all degrees as the best of treatment for chronic rheumatism, but it remained for the "New-Life" to be the first to prove that vibration at the time of fever and swelling is the rational

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**Rheumatism** method of treating rheumatism in its most acute and painful form.

All the forms of rheumatism except the acute form are called chronic. This gathers in a varied assortment of evils which wear very different aspects, but which are undeniably rheumatism. Every one of them is just as amenable to treatment by the "New-Life" vibrator as is the acute form. Here is what Dr. Wallian says:

"Rheumatic joints can be practically made over, after the general system has been properly cared for and rheumatic tendency eliminated."

When there are so many kinds of chronic rheumatism, and so many parts of the body which it affects, the directions for using the vibrator must of necessity be somewhat general in their nature. The first thing is to treat the affected joint itself. If it be very tender, begin above it and, stroking toward the heart, approach it gradually. Use whatever applicator promises the best results—the flat one if convenient, or a softer one if

## *Health and How to Get It*

it be too painful. Vibration should cause ~~Rheumatism~~ very little pain.

When the joint can be vibrated all over without pain, it will usually be found even at the first treatment that the joint can be moved more or less unless it has long been affected and the joint has been permanently stiffened by the growth of the bony matter. The action of the vibrator is to loosen up the fibers if they have bound the tendons too closely, to open the blood vessels and encourage a flow of blood through them and the absorption and carrying away of all the poisons that have been deposited there, whether of uric acid or other kind.

Treat the lymph glands—the kernels under the arm and in the groin and behind the knee and in the neck.

Use the ball applicator to give the spine a thorough treatment, and if there is constipation, as there so often is, treat the abdomen.

A thorough treatment should last for half an hour or more, and should be given every day for a while, and then at longer intervals. Direct treatment of the affected part can be

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**Rheumatism** given twice daily if desired. The peculiarities of each case will call for variations in the method, and the patient will very quickly learn what gives best results in his own particular variety of this many-sided disease.

## SCIATICA

The nature of this disease, and the names by which it is known, show plainly the close relation between rheumatism and neuralgia, if indeed they are not, as Dr. Haig insists, merely variations of the same disease and both caused by uric acid deposited in the tissues. It is usually called sciatica, because it is an affection of the sciatic nerve. It is also known as sciatic rheumatism. And it is defined in some books as "neuralgia of the sciatic nerve."

The sciatic is the large nerve trunk running down the thigh from hip to knee. When the toxin—uric acid or other acid—attacks this nerve it is soon inflamed and tender, so that the slightest pressure or friction causes agony. The nerve lies deep among the heavy muscles of the thigh, so that any motion causes pressure on it; and at the hip



Giving the thigh a thorough treatment with the ball applicator to  
relieve sciatica



## *Health and How to Get It*

### **Sciatica**

joint it passes through the "sciatic notch" in the bones like a railroad over a mountain pass, and any movement also involves pulling and stretching of the nerve over the bones. Also, the action of the toxin causes adhesions along the course of the nerve—the tissues around it are fastened to it so that there is always a straining, and, so always pain.

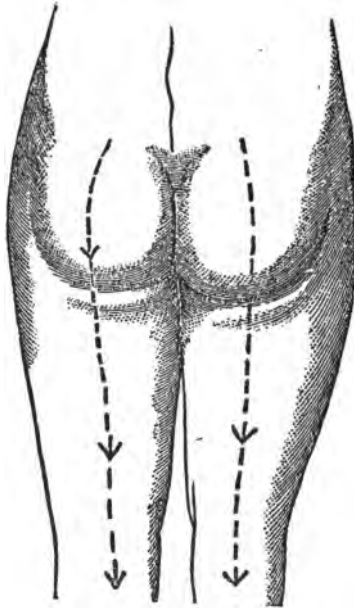
In other days surgeons used to perform operations for the relief of sciatica when ordinary methods failed. Dr. Woods Hutchinson tells of seeing a surgeon cut into the back of a woman's thigh, reach into the wound and pull the sciatic nerve up through the muscles until it was plainly visible, and exert such strength in pulling it that the woman's hips were lifted clear from the operating table, and the medical students who were watching the operation expected to see the nerve break and the woman be paralyzed for life.

This heroic measure tore loose all the adhesions, the nerve was freed from the pres-

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**Sciatica**

sure and pulling that had caused her anguish, and she never had sciatica again.



Course of the great sciatic nerves down the backs of the thighs. These nerves lie near the bones, deep under the heavy muscles

But sciatica victims do not want such operations performed if there is any other way of

## *Health and How to Get It*

recovering—and the “New-Life” vibrator is another and an infinitely better way. Vibration will break up the adhesions and cause the deposits of toxin to be absorbed and carried away without surgical operation.

Sciatica

Of the splendid results of vibration in sciatica, Dr. Graftstrom writes:

“Gustaf Norstrom, of New York, reports 150 cases of sciatica treated by mechanotherapy with very few failures.”

The treatment consists of stroking the skin lightly over the painful area with the flat applicator, increasing the pressure and friction as the pain is lessened. When it can be borne, use the ball applicator, holding it sideways to give the percussion stroke, and vibrate the course of the nerve with as much pressure as can be borne, increasing the force as rapidly as possible. The treatment should be strong and long continued, the purpose being to exhaust and relax the muscles, and to benumb the nerve itself, as

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**Sciatica**

well as to massage it loose from whatever adhesions may be binding it.

Look at the illustration of the sciatic nerve, and follow its course from the sciatic notch at the hip to the knee, but stroking toward the heart all the time. See that every bit of its course is vibrated thoroughly. This should be done every day until the patient is well on the way to recovery. It often happens that a single treatment takes away the pain so that the victim can walk without a twinge, but it would be too much to expect that the cause also could be removed in one treatment. Not only must the adhesions be broken up, but the irritating toxin deposits absorbed and carried away, and the blood vessels bring fresh nutriment and build up the tissues anew before a cure is affected.

Since sciatica, like almost every other disease, is caused by body-poisons, and they come from worn out particles that have not been excreted, attention should be given to the bowels and kidneys and the liver, and especially if constipation is present it must

## *Health and How to Get It*

be treated. Constipation is sometimes the chief cause of pain in the sciatic nerve. Remember that anything which improves the general health will help to get rid of sciatica—or any other disease—and treat any part that is not doing its work properly.

**Sciatica**

## **SENSITIVE SPINE**

**Sensitive or painful spots along the backbone, or on either or both sides of it, may be caused by any of a dozen conditions. Soreness may be caused by the beginnings of curvature of the spine when the muscles and tendons of one side are being over stretched, or when any of the nerves are being compressed. Almost always, when there is trouble with any of the organs of the chest or abdomen, careful search will show sensitive areas along one or both sides of the spine, showing that the sympathetic nerves are affected.**

**That is why spinal vibration is a measure of such importance in almost all disease. No matter what organ is ailing, a vigorous treatment of the spinal nerves is seldom amiss, and most of the time a stimulation of the sympathetic nerves leading to the**

## *Health and How to Get It*

organ will lead to an immediate improvement.

**Sensitive  
Spine**

Sometimes there is inflammation of the nerves themselves, even down to the very tip of the spine—the coccyx—and sometimes decay of the bone. In such cases not only are there areas painful to the touch, but motion will cause pain.

The treatment of the spine consists in using the ball applicator, held perpendicularly if mild, or horizontally if a vigorous treatment is desired, and with moderate to heavy pressure stroking from the backbone downward and outward, following the course of the ribs. Treat the whole spine, giving extra time and pressure to the sensitive spots.

## **SLEEPLESSNESS—INSOMNIA**

Anything which causes an excess of blood to circulate through the brain will keep one awake. Since there are many things which induce that condition, there are many causes of sleeplessness. Excitement, worry, fever, cold and poor circulation in the extremities, irritation of the nerves controlling the blood supply of the head—any of these and many other causes will drive sleep away.

The treatment must be directed toward soothing the excited nerves, drawing the extra supply of blood away from the head, which includes stimulating the flow to other parts of the body. And as a matter of course, the final object must be to remove the conditions which caused the excess of blood to be sent to the head.

The world knows no better means today of inducing sleep than the "New-Life" vibrator. It is in every way exactly fitted for



## *Health and How to Get It*

the work of drawing away quietly and pleasantly the flow of blood to other parts, and leaving the brain free to rest.

**Sleepless-  
ness**

"Equalize the circulation and the nervous tension," writes Dr. Wallian, "and divert the blood from the brain to the trunk and lower extremities. This can be done by vibratory applications."

Dr. Arnold Snow speaks in the same terms of the good work of vibration in cases of insomnia. She says:

"Insomnia is often favorably affected by vibratory treatment applied to the neck, thereby relieving cerebral (brain) congestion; or by centrifugal friction toward the extremities for the purpose of inducing the blood from the head, thereby relieving the brain."

The treatment is very simple. With the brush applicator treat the neck, from the head downward, stroking gently. With the same applicator stroke the back gently from the neck to the base of the spine. This has an especially soothing effect on nervousness. Then stroke the legs and feet gently, making

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**Sleepless-  
ness**

the stroke from the body away from the heart to keep as much blood as possible in the extremities. Treat the arms and hands in the same way, stroking toward the hands.

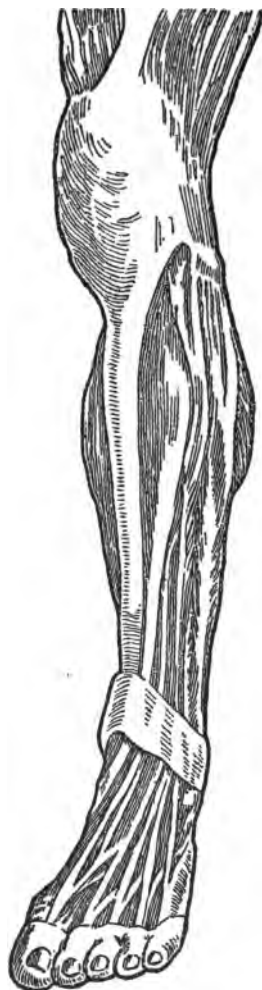
This treatment is best given at bedtime, and often brings a night's sleep without a single awakening. It never fails of great good.

## SPRAINS

A sprain is very similar in its nature and effects to a dislocation. It is the severe stretching or tearing of ligaments, bruising of flesh and rupture of blood vessels about a joint without actual dislocation of the joint—or at least without the displaced bones remaining dislocated.

Invariably there is the swelling, the intense pain, the discoloration from the exuded blood, and the agony from the slightest motion that mark dislocation. The joints most often affected are the shoulder, ankle and wrist, though any of the movable joints are liable to sprain.

The treatment is naturally the same as in dislocation. Use the brush applicator, beginning on that side of the injury nearest the heart, and stroking toward the heart, to hasten the flow of blood from the injured part. As rapidly as the pain will permit,



**Tendons of the  
left leg, foot and  
ankle. When the  
ankle is sprained  
these tendons are  
stretched or torn  
and blood vessels  
ruptured**

## *Health and How to Get It*

### **Sprains**

approach the injured joint until, if possible, light friction over the joint itself is accomplished. If the vibrator can be used immediately after the injury, before there is much swelling and pain, they will be much less severe. Instant massage of the parts before the blood has time to settle in the tissues, will cause most of it to be absorbed and carried away, and there will be neither swelling nor discoloration as severe as if left to settle in the usual way.

Treat well the nearest joints to the affected one, and especially the lymphatics around the joints, for theirs is the work of absorption and removal.

## STIFF NECK—WRYNECK

This is an immediate effect of rheumatism of the muscles and tendons of the neck, sometimes affecting also the vertebrae or neck bones. It is very painful, as are all forms of rheumatism; and in severe cases, after the pain has gone, there is a permanent deformity of the head and neck.

The immediate cause of the trouble is a cold, which causes the deposit in the tissues of the neck of the uric acid or whatever toxin it is that causes the inflammation and pain of rheumatism. The muscles are made sore and sometimes swollen, the tendons and ligaments are roughened by the deposit, and the nerves are irritated and painful. The muscles contract under the inflammation and the protest of the nerves, and the head is twisted to one side, or drawn back, or pulled over sidewise, or a combination of these movements is effected. The direction and extent to which the head is deflected depends

## *Health and How to Get It*

on the muscles which spasmodically contract, and the extent of the contraction. **Stiff Neck**

There is always pain, and this pain is intensified when the victim tries to move the head, and especially if he try to straighten it into its normal position, thus stretching the contracted muscles. So the disposition is to hold the head as quietly as possible in the position where it gives the least pain. When the attack is prolonged, it often happens that when the pain has gone the head cannot be straightened at all. The tendons and ligaments, affected by the poison, have contracted adhesions and will not move, and the cartilages in the joints of the neck are likewise affected.

The treatment with the "New-Life" vibrator is the same as in all cases of rheumatism, in which it is one of the best remedies ever devised. With the ball applicator, holding the machine horizontally to give the percussion stroke, treat the whole region of the back of the neck close to the bone, with heavy pressure. This will loosen the adhe-

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**Stiff Neck** sions, and stimulate the absorption and removal of the waste matter.

With either the ball or the flat applicator,



Muscles and tendons of the neck. These are the ones attacked by rheumatism in case of stiff neck or wryneck

treat the sides of the neck, stroking downward; and treat the lymphatics, the kernels under the arms. to encourage absorption.



## *Health and How to Get It*

Unless bony changes of long standing are to be overcome, a few treatments of this character should not only take away the pain, but remove the cause so that there will be no recurrence of the trouble. **Stiff Neck**

An attack of wryneck often follows tonsillitis or other affection of the throat, showing again the close relation between the poison of laryngitis and of rheumatism, whether it be uric acid or other agency.

## TONSILITIS—QUINSY

The tonsils are small glands, about the size of an almond, situated one on each side of the base of the tongue. Inflammation of these glands is called tonsilitis, and used to be known as quinsy.

Nobody knows what purpose the tonsils serve in the body. They are glands in appearance, but they neither secrete anything, nor have a duct for the passage of the secretion if there were any. They can be cut out without having the least ill effect on the body and its activities, and there seems no reason for their being. The tonsils are identical in structure with adenoids, and seem fully as useless and as much in the way and liable to cause disease.

Especially in childhood the tonsils are liable to inflammation when there is exposure to cold and the body is a trifle weak. After the preliminary sneezing and sniffing

## *Health and How to Get It*

### **Tonsilitis**

the tonsils begin to swell and turn red, and the child complains of a sore throat, and great pain on swallowing. The useless glands puff up until they are the size of a chestnut and correspondingly painful. Sometimes they cause considerable fever, and occasionally they suppurate and pus is formed.

The immediate cause of all this trouble is a deposit of uric acid or other poison in the tonsil when the blood is chilled by exposure. Those who consider uric acid the disturbing factor in rheumatism declare that it is ~~nothing~~ but uric acid that causes tonsilitis, ~~for there~~ is a well established connection between the two. Tonsilitis nearly always leaves a trace of rheumatism, and the wise physician, called in to treat a severe case of tonsilitis, takes steps at the same time to reduce the uric acid and forestall rheumatism if possible.

The treatment of tonsilitis with the "New-Life" vibrator should begin as soon as the throat begins to feel sore. With the brush applicator, or even the flat one if it is not too

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**Tonsillitis** painful, treat the neck thoroughly at the sides, stroking downward. Use either the brush or the sponge applicator on the throat, stroking downward. Then, with the ball applicator, holding it horizontally for the percussion stroke, treat the back of the neck from the base of the skull to the shoulders.

Stimulate the lymphatics of the armpits, stroking downward. If there be chilliness of the hands and feet, constipation, or any other irregularity in the system, give it the appropriate treatment.

Dr. Wallian also advises stimulation of the liver and spleen.

## WEAK OR WASTING MUSCLES— ATROPHY

Atrophy is what the medical books call this affliction, but it means exactly the same thing—a wasting away. The character of the disease is but dimly understood, but its effects are unmistakable. The cause is usually over-exertion, or some disease which prevents the muscles from getting enough nourishment, such as rheumatism, typhoid fever, scarlet fever, or contagious blood poison.

Usually the muscles of the fingers fail first, then the arms, then the legs, and other parts of the body follow fast. The muscles grow lax, flabby and thin, and waste away with little or no pain.

“In muscular atrophy,” writes Dr. J. H. Kellogg, “massage of the muscles, especially friction and petrissage, is a measure of the highest value affording, in fact, the best of all known means by which the nutrition of

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**Weak or  
Wasting  
Muscles**

a muscle may be maintained while regeneration of the connective nerve structures is taking place."

"Atrophy of the muscles," writes Dr. M. L. H. Arnold Snow, "is treated by vibratory friction applied directly to the muscles, or vibratory rolling; for both methods improve nutrition without using up the reserve force of the muscle."

Use either the ball or the flat applicator, and give moderate pressure at first, rubbing always in the direction of the heart. Heavier pressure may be given after a few days with the ball applicator held horizontally to give the percussion stroke. After treating thoroughly the muscles, give special treatment to each side of the spinal column to stimulate the nerves branching out from the spinal cord. Treat morning and evening.



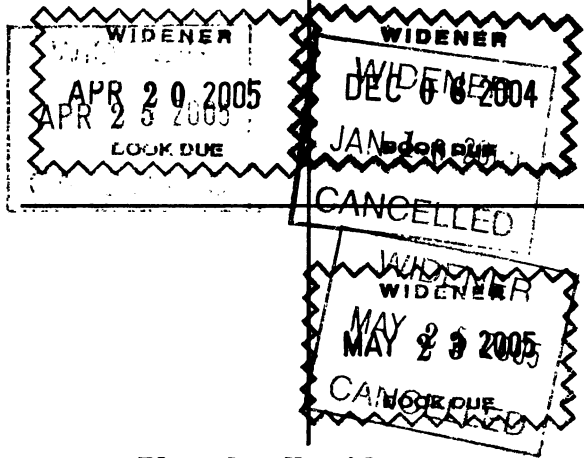




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